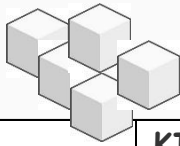


KID'S SNACKS

Sugar and Fat?



Popular Snack	KILOJOULES	SUGAR	TOTAL FAT	TRY THIS instead
Muesli Bar 	583	8.1g 	4.9g 	Homemade muffin 
Fruit Strap 	194	10.0g	0	Apple/ Orange 
LCMs bar 	381	6.6g	2.0g	Wholemeal biscuits / Snakata Rice Snacks 
Cheese Stick 	229	1.1g	4.1g	Light cheese pack / plain popcorn 
Potato Crisps 20g pk 	436	0.3g	7.0g	Rice Cracker / Cheerio snack pack 
Twisties 20g pk 	416	0.9g	4.6g	Banana/ Vegetable slice eg zucchini 
Cheese Rings 42g pk 	920	2.6g	12.8g	Vita Wheat Biscuits /vegemite 
Tiny Teddies 25g pk 	465	6.3g	3.4g	Carrot/celery sticks with humus 



Kid's Snacks - Choices & Cost \$\$\$

Not-so-healthy Choice \$/kg

Healthier Choice \$/kg

(Approximate prices as at July 2012)

Savoury snack biscuits - box \$10 -

Watermelon \$2



Sweet biscuits - multipack \$14 -

Sultanas \$6

Animal shape choc biscuits \$13 -

Strawberries \$16



Potato crisps - multipack \$15 -

Pears \$4

Fruit strap - multipack \$32 -



Tinned fruit \$2

Cereal bars - multipack \$25 -

Banana \$5



Muesli bars - multipack \$29 -

Fruit tubs \$7

Cheese dippers \$30 -



Home made cheese & crackers \$4

Fruit twist bars \$19 -



Celery \$4



Mini chocolate bars \$16 -

Carrot \$2



'Fruit' lollies - multipack \$44 -

Apple \$5

Eating crunchy fruits and veggies helps my child have:

clean teeth good immunity good digestion a healthy body
a healthy bowel

