

Sugar content of drinks



Flavoured milk
(250ml)
Contains calcium for strong teeth and bones



Blackcurrant drinks (125ml)



Cordial/powdered drinks
(250ml)



Fruit juice
(350ml)



Energy drinks (350ml)
Contains caffeine which is unsuitable for children



Sports drinks
(750ml)



Fizzy / soft drinks
(600ml)



Drink everyday



Water
No fat or sugar



Milk (250ml)
Contains calcium for strong teeth and bones

Every day your child needs at least

- **3 servings** of vegetables
- **2 servings** of fruit
- **5 servings** of breads, cereals, rice or pasta
- **1 serving** of lean meat, seafood, eggs or dried beans
- **2 servings** of milk and dairy products



A serving size is about a handful. This means an adult serve is much bigger than a child's.

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Snack Facts

Bite sized bits about snacks



www.tdhb.org.nz

Taranaki Together, a Healthy Community
Taranaki Whanui He Rohe Oranga

Frozen water in the lunchbox is a great way to keep everything cold

Produced by the Taranaki District Health Board
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Eat everyday



Fruit & vegetables
No fat or added sugar



Sandwiches
Healthy fillings provide a wide range of vitamins and minerals with very little fat or sugar



Wholegrain rice crackers with hummus (x6)
No fat or added sugar



Plain popcorn
No fat or added sugar



1 rice/corn thin with peanut butter (no added spread)
Contains healthy fats



1/2 english breakfast muffin with slice of edam cheese (no added spread)



Crackers & cheese spread (22g packet)
Contains calcium for strong teeth and bones



Yoghurt (150g pottle)
Contains calcium for strong teeth and bones



Swapping white bread and plain crackers for wholegrain will boost vitamins and fibre in the lunchbox.

Eat sometimes



Plain biscuits (x2)



Small homemade muffin with no icing (50g)



Handful nuts and dried fruit (25g/handful)
Contains healthy fats



Homemade mini pizza (100g)



KEY



1 teaspoon of sugar (5g)



1 teaspoon of fat (5g)

Keep it interesting - include a wide variety of foods in child friendly portions.

Eat less than once a week



Multipack chips and cassava vegetable chips (18g packet)
High salt content



Rice, cereal or popcorn bars (22g bar)



Muesli bars (30g bar)



Fruit strings/nuggets/sticks (17g pouch)



Fruit-jelly pots (120g pottle)



Caramel/flavoured popcorn (15g packet)



Chocolate biscuits (x 2)



2-minute noodles (1 packet)
High salt content



Large cookies (85g biscuit)



When selecting lunchbox snacks, look on the labels for less than 10g of fat per 100g and less than 10g of sugar per 100g.