



## Fruit & Vegetables:

- Any variety of fresh fruit e.g. apple, orange, pear, banana, kiwi, 10 grapes, 10 strawberries
- Tinned fruit in own juice
- Try fruit in a variety of ways e.g. fruit salad, stewed, pureed or in 'smoothies'
- Dried fruit
- Snack pack of raisins
- Raw vegetables e.g. sticks of carrots, celery, pepper, cucumbers
- Small bowl of vegetable soup



## Cereals:

- Small mini bag of plain popcorn
- Cereal bar 1-2 crackers with thin scraping of low fat spread/reduced sugar jam

## Dairy: (Choose low fat / Diet options as needed)

- Probiotic yoghurt drink
- Yoghurt
- Cheese triangle/slice
- Milk pudding
- Custard
- Glass of milk



## Drinks:

- Water – flavoured / sparkling / still
- Fruit 'smoothies' (150 – 200mls)
- Small cartons (200mls) of unsweetened fruit juice
- Diet or sugar free minerals/squash or flavoured water



## As an occasional treat.....

- A small biscuit
- A small slice of cake or bun
- A meringue shell
- A Funsized bar of chocolate or a few squares of chocolate

