

Advice for a healthy morning tea or snack



A healthy morning tea or snack

- ✓ always includes water or un-sweetened herbal and fruit teas
- ✓ is composed of one fruit or vegetable
- ✓ is colourful and without added sugar
- ✓ can be supplemented according to levels of physical activity and hunger by products made from dairy, nuts or cereals

A reasonable snack

- ✓ supplements the main meals optimally at school and at home
- ✓ stills hunger pangs between the two
- ✓ is ideally composed of regional and seasonal products
- ✓ is best kept in a container which is both convenient for keeping the food fresh and allows you to reduce packaging materials

Pleasure comes from a variety of foods

- ✓ the foods on the first page can be combined as you wish, for example:



Not regularly, but from time to time




































- ✓ exotic fruits like bananas, mangoes, pineapple, papaya (preferably organic and fair-trade selections)
- ✓ dried fruits
- ✓ meat and meat-based products
- ✓ fruit juice mixed with water


Not recommended

- > chocolate-coated milk or cereal bars
- > croissants
- > sweetened breakfast cereals
- > biscuits
- > sugary drinks like ice tea, syrup, cola, energy drinks, artificially sweetened drinks (light/zero), etc.
- > flavoured sweetened milk drinks
- > fatty or salty foods like salt sticks, chips, salted nuts

Health Promotion Switzerland:
www.promotionsante.ch/

Ideas for balanced snacks

					
water	herbal tea	apples	pears	grapes	cherries
DRINKS		FRUIT			
					
prunes/ plums	nectarines/ peaches	mandarins	oranges	kiwis	apricots
					
figs	berries	melons	tomatoes	karota	cucumbers
			VEGETABLES		
					
capsicum	radishes	fennel	kohlrabi	celery	wholemeal bread
					
half-white bread	unsweetened cereal flakes	crackers	rice cakes	cheese	fresh cheese
BREAD AND CEREALS			DAIRY PRODUCTS		
					
plain quark	plain yoghurt	milk	walnuts	hazelnuts	almonds
			NUTS		

 Risk of choking in small children