



# Healthy Snacks



衛生署  
Department of Health



健康飲食在校園  
EatSmart@school.hk



衛生防護中心  
Centre for Health Protection



## Healthy snacks can help you:

- Replenish water;
- Replenish energy;
- Make up for the possible insufficient intake of nutrients (e.g. dietary fibre, vitamin C and calcium, etc.) from main meals.

## Be a smart eater

- Choose snacks that are “3 Low 1 High”, i.e. low fat, low sugar, low salt, and high fibre.
- To reduce the risk of tooth decay, provide snack once between main meals when necessary and give only drinking water outside the meals and tea times.



## Snack time

- Eat snack only if feeling hungry between main meals.
- Take snacks with a time lag of 1.5 to 2 hours in between main meals.

## Quantity

- Eat a small amount so as not to spoil the appetite for the next meal.



# Snacks of Choice



## Grains and Cereals

White bread, whole-wheat bread (including whole-wheat and wholemeal bread with nuts added), raisin bread, boiled corn or corn kernels, lean meat sandwiches without butter (e.g. low-fat cheese sandwich, tomato and egg sandwich and tuna sandwich), toast with peanut butter etc.



## Vegetables

Fresh vegetables such as cucumbers, carrots, cherry tomatoes or garden salad served with minimal amount of salad dressing if preferred etc.



## Fruits

Fresh fruits, dried fruits without added sugar (e.g. dried apricots, dried prunes, raisins), baked fruit chips without added sugar (e.g. apple chips) etc.



## Meat, eggs & alternatives

Boiled egg, unsalted dry-roasted nuts (e.g., almonds, peanuts, cashew nuts), beans etc.



## Dairy products

Low-fat or skimmed dairy products without added sugar, e.g. low-fat or skimmed milk, low-fat yoghurt etc.



## Drinks

Water, unsweetened or low-sugar soya milk, low-sugar Chinese beverages etc.

