

SNACK FOOD SUGGESTIONS

FOOD ITEM	SERVE SIZE
Biscuit	1 cream filled
	OR 2 plain sweet
	OR 3 crispbread
Bread	1 slice, thin (30g)
Fruit	1 average
Dried Fruit	1 ½ tablespoons
Fruit Juice	1 glass (200 mL)
Cheese	20g, 1 thick slice Cheddar
	OR 1 portion pre-sliced
	OR 1 tablespoon grated (20g)
Cream	1 tablespoon
Creamed Cheese	1 tablespoon
Creamy Dessert or similar	⅓ 150g tub (~50g)
Fruche ® or similar	⅓ 200g tub (~70g)
Ice Cream	1 scoop
Milk	½ cup (~120mL)
Yoghurt (flavoured, full cream)	1 x 100g tub (80g)
Margarine (poly/mono unsaturated)	2 teaspoons
Mayonnaise	1 tablespoon
Peanut Butter	2 teaspoons
Honey	1 tablespoon
Jam	1 tablespoon
Sugar	5 teaspoons
Mars Bar ®	Kid sized 22g bar
Chocolate	2 squares
Cordial	1 cup (250mL)
Chips	20g (Kid sized pkt)
Milo ®	3 heaped teaspoons (15g)
Beer	Light 300mL
	Regular 200mL
Wine	100mL
Polyjoule ®	1 tablespoon
Sustagen ®	1 tablespoon (20g)
Two Cal ®	40mL