

Tips for healthy food choices in-between meals



Why feeding healthy mini meals or "snacks" is important?



As babies have a small stomach, they cannot eat big amounts of foods during each meal. In-between mini meals will help your baby consume enough nutrients and increase the amount of vitamins and minerals.



Healthy in-between mini meals will teach your baby to have a healthy varied diet and explore different textures.

Tips for healthy choices



Choose nutritious wholesome foods and try different shapes, tastes and textures.



Try to avoid foods with added sugars and limit foods high in salt before 2 years of age.



Keep it safe: offer appropriate foods (size, texture...) and don't let babies eat while crawling, walking, etc.



Promote healthy eating habits (e.g do not make babies eat while watching TV...)

Healthy ideas

Chopped fruits



Wholegrain cereals



Vegetable finger foods



No added-sugar dairy products (milk, yoghurt, cheese)

