

What's hot... Snacks under 100 calories



Figures from Public Health England have shown that the average primary school child is consuming three times more sugar than the recommended daily limit and eating at least three sugary items a day. This is helping to drive record childhood obesity rates with 20% of UK children aged 9 to 11 now classed as obese, this rises to 23% for those aged 11 to 15 and for the first time we're starting to overtake the US.

In response to this, the NHS have released a change4life campaign which challenges parents to limit their child's snacks to two 100 calorie snacks a day. The ideal choice is of course fresh fruit and vegetables, but we all know how challenging it can often be to get picky children to eat their fruit and veg! Change4life suggest keeping a stock of healthy packaged snacks under 100 calories at hand for kids to choose from.

Here are a handful of snacking ideas, including their calorie count:



51
calories

87877 - Fruit Bowl Strawberry Peelers
16g – RSP £2.30



47
calories

90513 - Googly Fruit Freeze Dried
Banana & Raspberry 14g – RSP £1.65



66
calories

91483 - Nims Air Dried Apple
Crisps 20g – RSP £0.99



80
calories

87814 - Vacuum Fried Broccoli
Crisps 18g – RSP £1.89



87
calories

93543 - Kallø Sea Salt & Vinegar
Pop-Crisps 20g – RSP £0.89



85
calories

73190 - Propercorn Lightly Sea
Salted 20g – RSP £0.97



96
calories

87701 - Ape Salted Chocolate Crispy
Coconut Curls 20g – RSP £1.19



99
calories

90924 - NAKD Cocoa Twist Bar
30g – RSP £0.89



90
calories

90029 - Pulsin Blackcurrant Apple
Fruity Oat Bar 25g – RSP £0.59