

gather.

nutrition fact sheet



Importance of Snacking - Do We Need It?

Not only do students need energy from food for day-to-day activities, they also require adequate amounts of nutrients to support their growth and development. Students may also be involved in sports or after school activities which can also increase their energy and nutrient requirements. Therefore, in addition to having three main meals per day, snacking is also important to provide students with enough opportunities to meet their daily nutritional needs.

Background

According to Australian Bureau of Statistics (ABS), in 2020-2021

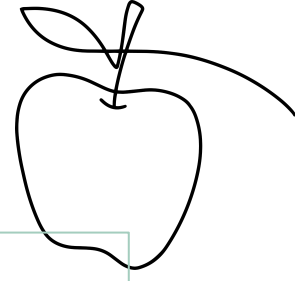
- 63% ate adequate fruit
- 9% ate adequate serves of vegetables.
- 8.5% consumed adequate serves of both fruit and vegetables.
- 5% did not eat fruit
- 4% did not eat vegetables

Healthy Snack Ideas

It is important that snacks are based on foods from the five food groups, i.e. whole grains, fruits, vegetables, dairy and meat/meat alternatives. Some healthy snack options include:

- Grilled vegetable skewers
- Fresh fruit
- Fruit smoothies
- Yoghurt with fruit and muesli
- Homemade oat bars
- Quiche
- Corn fritters
- Falafel
- Sliced cheese with crackers
- Mixed sandwiches
- Wholemeal fruit muffins
- Vegetable soup
- Crackers with ricotta cheese and blueberries
- Rice paper rolls
- Grilled chicken skewers

➤ Benefits of nutritious snacks



Snacking Keeps Blood Sugar Levels Balanced

Maintaining consistent blood sugar levels is incredibly important to maintain energy levels and concentration. If you have not eaten within a few hours, your blood sugar levels will begin to dip, which can lead to feeling of fatigue and can affect your ability to focus. The best way to keep your blood sugar levels stable is to have regular snacks throughout the day i.e. morning tea, afternoon tea and supper.

Snacking Can Help Us To Maintain Focus

Including and choosing the right snacks can help your ability to focus and be productive. Choosing healthy snacks that are rich in nutrients, healthy carbohydrates and protein can be beneficial to help us feel full and reduce brain fog.

Snacking Prevents Overeating

Going too long without eating can lead increase hunger levels to a point where people can overeat at the next meal. Additionally, when people are hungry, they tend to crave more discretionary food choices which also happen to be those that are high in calories and lower in nutrients.

Helps To Meet Daily Nutrient Requirements

A large proportion of children are not consuming adequate fruits and vegetables. Therefore snacking is an excellent way to include extra servings of food groups that may otherwise be difficult to meet.

➤ Foods to limit

Discretionary choices at mid meals should be kept to a minimum. These include foods that are high in saturated fat, sodium and/or sugar. Some snack options to limit include:

Brownies

Iced cupcakes

Chocolate crackles

All butter shortbread

Sugar sweetened
beverages

Ice blocks

For more information, please visit:
Eat For Health

<https://www.eatforhealth.gov.au/food-essentials/discretionary-food-and-drink-choices>

Australian Bureau of Statistics - Dietary Behaviour

<https://www.abs.gov.au/statistics/health/health-conditions-and-risks/dietary-behaviour/latest-release>