



Nutrition fact sheet



Healthy Snacking

Good nutrition is vital for healthy development and evidence suggests students who eat better perform better.

Throughout the day, it's important to ensure your energy levels are kept topped up. When you're hungry you can start to feel tired, grumpy and lose concentration. It's then too easy to reach for convenience foods and drinks that will give you a quick energy boost. These tend to be high in fat, sugar and salt and contain few important vitamins and minerals. They give you a short burst of energy and a spike in your blood sugar levels which then come tumbling down and leave you feeling tired again.

To avoid getting into a cycle of sugar highs and lows and feeling hungry, keep

your energy levels topped up with healthy snacks twice a day in between meals. Try:

- swapping fizzy drinks and energy drinks for smoothies
- swapping a slice of pizza for a toasted bagel or crumpet
- swapping a packet of crisps for veg sticks or bread sticks and dip
- cakes and biscuits for fruit bread or toasted teacakes



Mellors Catering Services provide a mid-morning break service in your school dining room where you can pick up a range of healthy snacks to keep you going until lunch. Come and see us today!