



Tips on healthy snacking from children's nutritionist Laura Matthews



How many snacks a day is too many? Are some children just natural grazers? Do children even need to snack?

These are just some of the questions I asked former head of nutrition to Jamie Oliver. Laura Matthews.

Here's what she had to say...

- Young children only have small tummies so snacking can be a great way to pack in extra nutrients, but it's important to stick to a snack routine and regulate the number of snacks they have so they're still hungry at mealtimes. When your child does sit down to a meal, try to remove distractions (toys, iPads etc) so they can really focus on eating.
- It's important avoid constant grazing as children need to learn how to recognise feelings of hunger.
- We also need to be aware that too much snacking, even healthy foods, can also have implications for their dental health.

Laura's Top Three Tips!

1. Use snack time as an opportunity to introduce a variety of different foods and nutrients, without the pressure of mealtimes getting in the way.
2. Shop-bought snack packaging is designed to lure children in, so try taking snacks out of the packets so they're less enticing!
3. Create a snack-schedule and try and stick to it!