The simplest way

...to healthier afternoon snacks

Choose these simple, tasty + healthy snack ideas to give your kids an after-school energy boost.

- Swap full fat ice-cream for reduced-fat yogurt with fresh fruit pieces
- Swap a tin of fruit in syrup for a tin of fruit in natural juice
- Swap flavoured milk for a reduced-fat fruit smoothie (try bananas or frozen berries)
- Swap a chocolate muffin for a fruit muffin

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

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