



Low sugar and no sugar alternatives

There are plenty of low sugar and no sugar alternatives. Between meals instead of sugary drinks you could give them milk or plain water.

Another healthy alternative is to give them plain yoghurt and add your own fruit.

What good stuff do you eat? Fruit and vegetables, fruit, oranges, water melons, grapes, mango.

Other no sugar or low sugar foods include cheese, crackers or oatcakes, toast, sandwiches or pitta breads. Or why not try breadsticks with some low fat cream cheese.

I like sandwiches and I do like ham without butter as well.

Fruit or vegetables are the best snack you can give your child, you can cut them into bite size pieces to make them more interesting.

Not only will they count towards the recommended daily five portions of fruit and vegetables they're cheaper and they're healthier for you to.