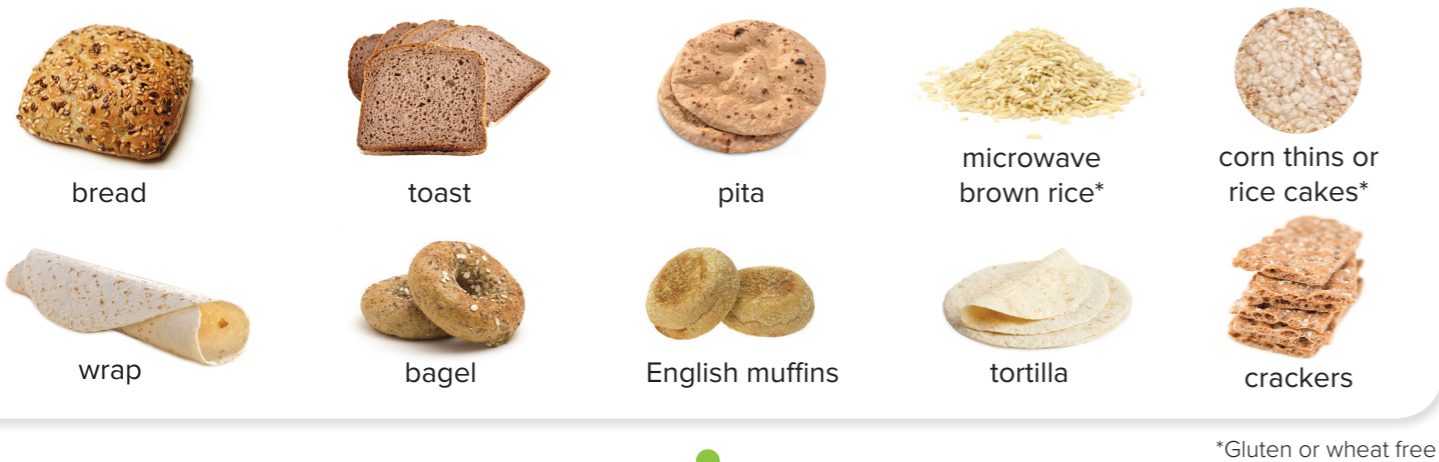


MIX & MATCH:

Healthy meal and snack ideas

These simple ideas can be made by using everyday kitchen appliances (e.g. toaster, fridge or microwave). Using the steps below, mix and match foods to create exciting and affordable meals and snacks.

1. Start with a whole grain or wholemeal base:



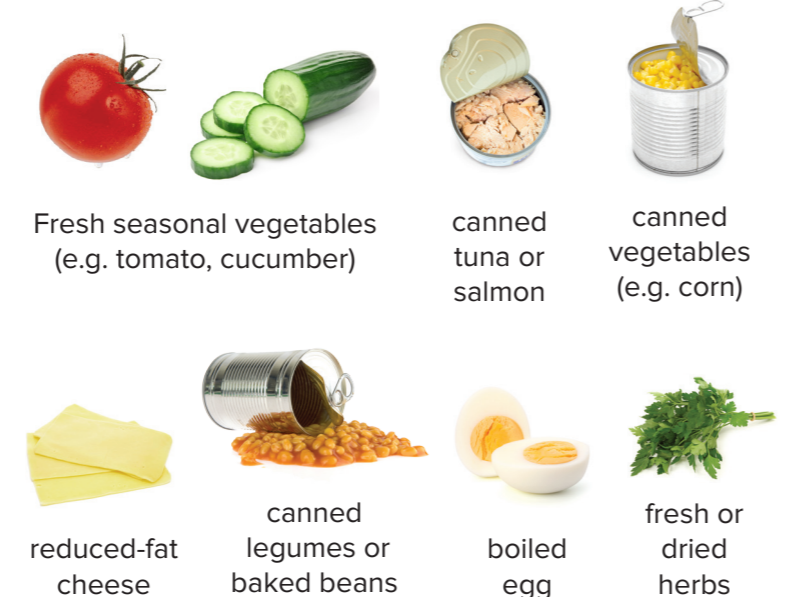
2. Choose a spread:



3. Add toppings: SWEET



SAVOURY



Mix and match!



Toast, peanut butter and banana



Bagel, avocado and tomato



Tuna, corn and salad sandwich



Baked beans and tomato on toast



Munch and crunch platter with pita bread, dip and vegetable pieces



Corn thins, cottage cheese, chopped fruit and nuts



Egg, lettuce and hummus wrap



Brown rice, boiled egg, tuna and vegetables



Pita with hummus and salad

Children can choke on food at any age but the risk is higher in children under 5 years. Refer to the Ministry of Health Guidelines to find out more. Search 'food and choking' at health.govt.nz

For more food, nutrition and heart-healthy tips visit heartfoundation.org.nz