



# Tips to eat less Sweets



Sweet foods like lollies, cakes, pastries and biscuits can cause decay.

Don't keep sweets in your house or carer's house!



Children will ask for them if they know they are there.

## Fruit is sweet & healthy- so make it fun to eat!



Make fruit easy to eat by chopping into small pieces.

Make fruit kebabs- put pieces of fruit onto kebab or paddle pop sticks.



Serve frozen fruit- like grapes, mango chunks and pineapple slices.



Make fruit and milk smoothies.

Serve chopped fruit with a 'yoghurt dip'.



Make a 'Fruit Salad Rainbow', 'Fruit Face' or other creation by using different coloured fruit .



Make 'Monkeys Tails'- place chopped banana on a paddle pop stick.

Make fruit ice-blocks- freeze blended apple and strawberry puree.

