



Top alternatives to chips

Store bought snack foods like chips can be quick and easy, but they cost a lot and are often high in fat and salt and low in fibre. These foods should only be eaten sometimes. Try some of these ideas instead:

- plain popcorn or unsalted nuts* (for children 3 years and older)
- rice cakes or corn thins
- wheatflake breakfast biscuits e.g. Weetbix™ or Vitabrits™ spread with nut paste* or ricotta cheese and sliced banana
- crunchy vegetables like carrots, snow peas or cucumber
- plain wholegrain or brown-rice rice crackers
- bread sticks or rusks (for young children)
- nibble pack with popcorn (for children 3 years and older), dried fruit and breakfast cereal (e.g. bran flakes)
- crunchy fruits like apple, pear or watermelon
- pita chips - cut pita bread into triangles, sprinkle with grated cheese and bake at 180°C until crispy
- fruit or vegetable muffins
- wholegrain crispbread e.g. Ryvita® or Vitawheats™
- fruit bread
- pikelets or scones
- cheese cubes or slices.

*if sending to childcare or school check their policy



Source: Family Food Patch Manual 2019
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