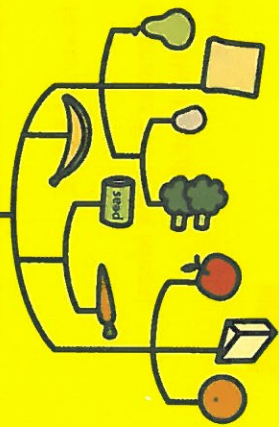
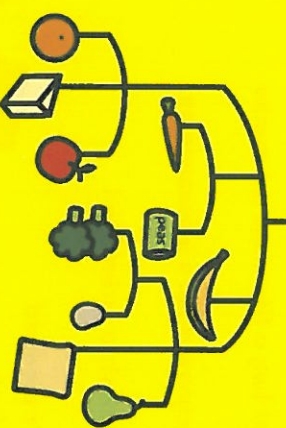


healthy snacks for pre-school children



taflen byrbryddau iach i blant dan oed ysgol



newid din oes
Bwyta'n dda Symud mwy Byw'n hirach

Blwyddoedd Cynnar
taflen wybodaeth



healthy snacks** (1-4 yrs)

Fresh fruit and tinned fruit in natural juices



Apple
Pear
Orange
Peach
Banana
Grapes

Kiwi Fruit
Tangerine
Strawberries
Blackberries
Pineapple

And all other fruits

Vegetables and salad



Carrot
Celery
Cucumber
Peppers
Tomato

And other vegetables

Bread



White
Wholemeal
Granary
Toast
Pitta Bread
Crumpet
Chapatti
Tortilla Wrap
Plain Scone
Plain Pancake

Crackers



Cream crackers
Ryvitas
Rice cakes
Oat cakes
Bread sticks
Plain popcorn

Cereals



Weetabix
Cornflakes
Shredded
Wheat
Bran Flakes
Rice Krispies
Plain Oat Cereal

Other



Cheese
Houmous
Tuna paté
Mint and cucumber dip
Natural yogurt

** Note: It is important to make sure that any allergies the child may have should be considered

byrbrydau iach** (1-4 mlwydd oed)

Ffrwythau ffres a ffrwythau tun mewn sudd naturiol



Afal
Gellyg
Oren
Eirin gwlanog
Banana
Grawrwin

Ffrwyth ciwi
Tanjerin
Mefus
Mwyar duon
Pinafal
A phob ffrwyth arall

llyisiau a salad



Moron
Seleri
Ciwgybr
Pupur amrwd
Tomato
A llyisiau eraill

Bara



Tost
Gwenith cyflawn
Bara garw
Bara gwyn
Bara Pita
Cramwyth
Siapati
Tortilla
Sgon blaen
Crempog plaen

Crackers



Bisgedi cracer
Bisgedi caws
Ryvitas
Caennau reis
Bara ceirch
Ffyn bara
Popcorn plaen

Grawnfwyd



Weetabix
Creision yd
Shredded Wheat
Creision Bran
Rice Krispies
Grawnfwyd
Ceirch Plaen

Eraill



Caws
Hwmws
Pate tiwna
Dip ciwgybr
a mintys
logwrt naturiol

** Noder: Mae'n bwysig sicrhau bod unrhyw alergedd a all fod gan y plentyn yn cael ei ystyried.

