

Gesundheitsdienst

Merkblatt – Gesundes Znüni und Zvieri

Dear Parents

Healthy snacks supplement breakfast, lunch and dinner and help to feed and provide your child with what he / she needs in an ideal way.

Please find suggestions for such morning (“Znüni“) and coffee break (“Zvieri“) snacks on the front page. Putting up this list in a well-viewable place of your kitchen provides you and your child with daily suggestions and help on what to choose.

Listed below, please find some important general tips concerning healthy and well-balanced “Znüni” and “Zvieri” snacks.

Food

Sufficient amounts but non-opulent meals maintain your appetite!

“Znüni“ and “Zvieri“ are just small noshes which should be provided in an amount assuring that your child gets hungry for the next meal again. A break between two repasts does not only keep your teeth in good condition but also provides you with a healthy attitude towards eating. It is, however, possible and recommended to have unsweetened drinks at any time.

Combination and alternation help to enjoy!

Various possible combinations of groceries provide variety and please your child. So, for example, you could combine whole-grain bread with some cheese and carrots or rice cake with cottage cheese – there is no limit to the number of possible combinations.

Variety includes exceptions!

Not on a regular basis but for a change to the regular “Znüni“ or “Zvieri“ snack, you could serve bananas and dried fruit. As they are sugary, however, they stick to the teeth. Therefore, it is recommendable to brush the teeth afterwards. Another appropriate change is meat (as for example dry-meat cold cuts, turkey breast meat or fatless ham).

Sugar-free for the sake of teeth and weight!

Sugar-free snacks keep teeth in good condition and support a normal weight. Is the “Znüni“ or “Zvieri“ snack sugary by exception, it is necessary to brush the teeth afterwards.

Drinks

Water and unsweetened tea are the most appropriate drinks for kindergarten, school and for on the way. They quench, prevent teeth from damage and maintain the appetite.

Improper “Znüni“ and “Zvieri“ snacks

Sweetened products

Any cereal and chocolate bars, milkcuts (*“Milchschnitten“, a special European kind of snack*), sugared drinks (ice tea, syrup, energy drinks) and drinks containing sweeteners (so-called “Light“ products) are no real alternatives as they keep children accustomed to sweets.

Fats and strongly salted products

Croissants (*“Gipfeli“*), “Zopf“, *the typical Swiss type of white bread*, cake, chocolate, potato crisps, salty snacks and sandwiches containing cold cuts are too nourishing and therefore inappropriate snacks.

**Ernährung und Bewegung des
Gesundheitsdienstes der Stadt Bern
Telefon 031 321 69 54**

Tipps für gesunde Znüni und Zvieri

Getränke

ohne Zucker



Wasser



Tee

Früchte



Apfel



Birne



Trauben



Kirschen



Pflaumen



Nektarine



Mandarine



Orange



Pfirsich



Aprikosen



Beeren

Gemüse



Tomate



Rüebli



Gurke



Peperoni



Radiesli



Fenchel



Kohlrabi



Stangensellerie

Brot und Kräcker



Vollkornbrot



Halbweissbrot



Knäckebrot



Vollkornkräcker



Reiswaffeln

Milchprodukte



Käse



Frischkäse auf Brot



Quark Nature



Joghurt Nature



Milch

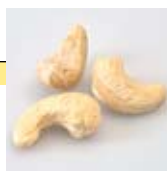
Nüsse



Mandeln



Haselnüsse



Cashewnüsse



Baumnüsse