



# Mein gesundes Znüni

## Starting the day well and hanging in there for a long time

The school day is strenuous -- your child needs lots of energy and nutrients. With a healthy morning snack following a good breakfast and sufficient liquids your child will be ready for the school day, and can concentrate well on the lessons.



## The morning break - Variety and new combinations

It's best to prepare the morning lunch box together with your child. Variety wakes a child's appetite for a healthy morning meal again and again. Alternate between various whole-grain breads, different cheeses and nuts as well as different sorts of fruit and vegetables. Don't pack more into the lunchbox than your child can eat. It's only supposed to be a snack between meals.

### Unsuitable

Sweetened products such as cereal and chocolate bars, milk bars, sweetened drinks (ice-tea, syrup, milk drinks, etc.) and artificially sweetened drinks («light» products) should be avoided. Fatty and highly salted products as crescent rolls, pretzels, potato chips, roasted peanuts, sausages are also unsuitable.

#### Weitere Informationen

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**Bread**

Whole grain bread  
Sour dough bread  
Knackebrot  
Rice waffles



*With these ingredients,  
you can put together a healthy  
morning snack*



**Nuts**

Almonds, hazel nuts,  
cashews, walnuts,  
pine seeds



**Milk products**

Cheese, plain quark



**Meat**

Dried meat or  
lean ham



**Beverages**

Water



**Vegetables**

Tomatoes, carrots, cucumbers,  
sweet peppers, radishes, fennel,  
kohlrabi, celery sticks etc.



**Fruit**

Apples, pears, grapes,  
cherries, plums,  
nectarines, mandarines,  
oranges, peaches, apricots,  
berries etc.

