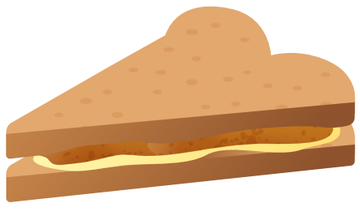
Wat geef jij tussendoor?

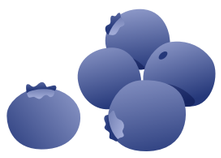
voor kinderen in de basisschoolleeftijd

dit kan elke dag


appel


rozijnen


volkoren boterham


blauwe bessen


wortel


komkommer

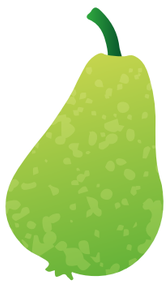

mandarijn


dadel


mueslibol


banaan

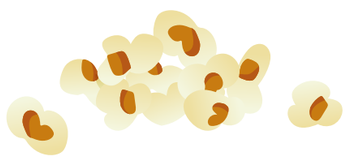

snoeptomaatjes


peer

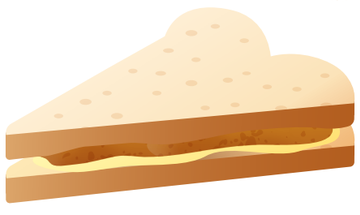

noten

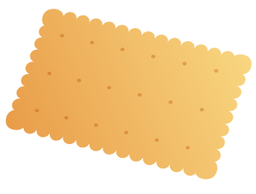

druiven

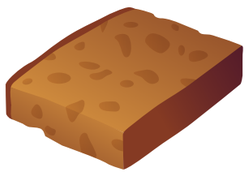
dit kan soms

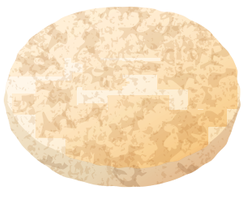

popcorn


luchtige cracker


witte boterham


biscuitje


ontbijtkoek

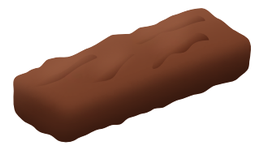

rijstwafel


fruitgums


speculaasje

dit liever niet

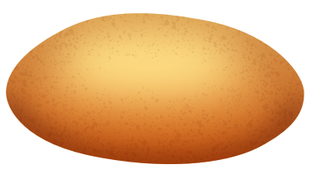

croissant


candybar


donut


zakje chips


fruitbiscuit


eierkoek


knijpfruit

Uitleg en meer voorbeelden voor kinderen vanaf 4 jaar vind je op **www.voedingscentrum.nl/tussendoor**

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