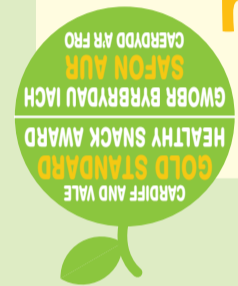


Beth yw byrbrydau iach?
 Mae byrbrydau iach yn isel mewn siwgr, fitaminau, mineralau a fibr. Darperir rhestr halen ac ychwanegolion ac yn uwch mewn lawn o fyrbrydau da, sy'n cynnwys llysiau a ffwythau amrywioi.

Beth yw'r Wobr Byrbrydau Iach Safon Aur?
 Mae'r wobwr hon ar gyfer gwarchodwyr plant, gwpriau chwarae, meithrinfeidd, crèches a gwpriau rhieni a babanod ledled Caerdydd a'r Fro. Mae eich darparwr gofal plant/chwarae yn rhan o'r wobwr am ei fod am helpu'ch plentyn i gael y dechrau gorau ar fywyd. Mae Llywodraeth Cymru wedi cyhoeddi Canllaw Arfer Gorau ar gyfer gofal plant yng Nghymru, i helpu i ddarparu bwyd blasus a maethlon. I ennill y dyfarniad, rhaid i leoliadau gael rhannau o'r canllaw ar waith a chynig byrbrydau a dioddydd iach mewn amgylchedd diogel a hapus. Os oes aelod o staff eich lleoliad gofal plant wedi ei hyfforddi mewn bwyd a maeth, gall dderbyn y wobwr Aur 'A Mwy'. Mae angen i leoliadau ddiweddarw'r wobwr bob 2 flynedd.

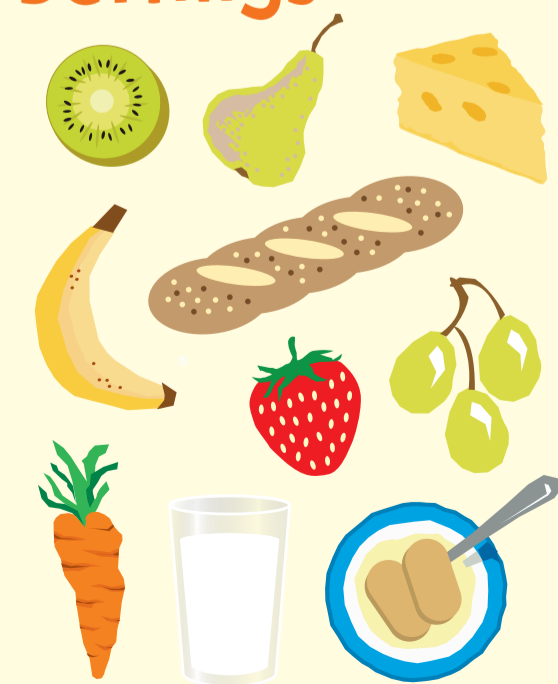


Gwobr Byrbrydau Iach Safon Aur! Leoliadau Blynyddoedd Cynnar a Gofal Plant.



Pam fod byrbrydau a dioddydd iach yn cael eu darparu?
 Mae'r hyn mae plant yn ei fwyta yn eu helpu i dyfu, datblygu a dysgu – gydol eu bywydau, nid yn ystod eu plentynod yn unig. Rydym yn gwrbod bod plant yn fwy tebygol o fod o'r pwydau cywir, cael dannedd iach a chael yr egnï sydd ei angen ar gyfer gweithgareddau a chwarae pan maent yn bwyta'n dda. Mae darparu byrbrydau a dioddydd iach yn un ffordd bwysig o roi dechrau da i fywyd eich plentyn.

The Gold Standard Healthy Snack Award for Early Years and Childcare Settings



What is the Gold Standard Healthy Snack Award?
 This award is for childminders, playgroups, nurseries, crèches, cylchoedd meithrin and parent and toddler groups across Cardiff and the Vale. Your childcare/play provider is part of the award because they want to help your child get the best start in life. The Welsh Government has produced Best Practice Guidance for all childcare in Wales helping them to offer tasty and nutritious food. To achieve the snack award, settings must have parts of this guidance in place and offer healthy snacks and drinks in a safe and happy eating environment. If your childcare setting has a member of staff trained in food and nutrition, they can receive the Gold 'Plus' award. Settings need to update their award every 2 years.

What are healthy snacks?
 Healthy snacks are lower in sugar, salt and additives and higher in vitamins, minerals and fibre. A full list of good snack choices for children is provided which includes a variety of vegetables and fruits.

Why are healthy snacks provided?
 What children eat is crucial to help them grow, develop and learn – not just for now but for his or her whole life. We know if children eat well they are more likely to be a healthy weight, have healthy teeth and have the energy they need for activities and play. Providing healthy snacks and drinks is one important way to give your child a good start.



UP TO
4
YEARS

Healthy Snack List

Offer some fruit and/or vegetables at all snacks.
Include at least 3 different types of starchy food across the week for variety.



Fresh Fruit & Tinned Fruit in Natural Juices

Apple
Pear
Orange/tangerine
Banana
Grapes
Kiwi fruit
Strawberries
Pineapple
Peach
Melon
Mango
Raspberries
Blueberries
Plum
Tomato
Avocado
Other suitable fruits

Keep dried fruit to mealtimes only

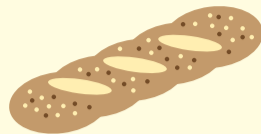


Vegetables and Salad

Carrot
Celery
Cucumber
Peppers
Green beans
Sweetcorn
Beetroot
Mangetout
Baby corn

Sweet potato
Yam
Plantain

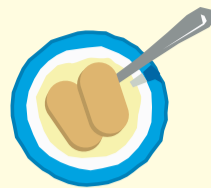
Other suitable vegetables



Bread and Crackers

Wholemeal, multigrain or white bread, toast or rolls e.g. Soda bread
Pitta bread
Flat bread
Roti/Chapatti
Tortilla wrap

Plain English muffin
Crumpet
Plain bagel
Cream crackers
Plain rice cakes
Breadsticks
Oatcakes
Unsweetened and unsalted popcorn
Homemade, low sugar, plain pancake or scone



Lower salt and sugar cereals such as:

Whole wheat biscuits
Shredded wheat
Crisped rice
Plain Puffed Wheat
Porridge or unsweetened instant oats



Other

Unsaturated spread
Plain natural yogurt or fromage frais
Cheese e.g. cheddar, mozzarella
Cottage cheese
Cream cheese
Homemade dip e.g. raita, tzatziki, salsa, guacamole

Protein foods such as houmous, boiled egg, chicken, tuna, tahini, low salt peanut/nut butter* can be part of snacks once or twice a week.

**as long as no child in the setting has a diagnosed nut allergy.*



Drinks

Plain water
Plain milk

HYD AT
4
MLWYDD OED

Rhestr o Byrbrydau Iach

Cynigiwch ffrwyth a/neu lysiau gyda phob byrbryd.
Ceisiwch gynnwys o leiaf 3 math gwahanol o fwyd startshlyd yn ystod yr wythnos fel amrywiaeth.



Ffrwythau ffres a ffrwythau tun mewn sudd naturiol

Afal
Gellyg
Orennau/tanjerîns
Bananas
Grawnwin
Ffrwythau Kiwi
Mefus
Pin-afal
Eirin Gwlanog
Melon
Mango
Mafon
Llus
Eirin
Tomatos
Afocados
Ffrwythau addas eraill
Cadwch ffrwythau sych i amser prydau bwyd yn unig



Llysiau a salad

Moron
Seleri
Ciwcybr
Pupurau
Ffa gwyrdd
Corn melys
Betys
Mangetout
Corn bach

Tatws melys
Iam
Plantain

Llysiau addas eraill



Bara a chraceri

Bara, tost neu roliau cyflawn, grawn cymysg neu wyn e.e. Bara Soda
Bara Pitta
Bara Gwastad
Roti/Chapatti
Tortilla
Myffin Seisnig Plaen
Crwmped
Bagel plaen
Craceri hufen
Cacennau reis plaen
Ffyn Bara
Cacennau ceirch
Popgorn heb siwgr na halen
Pancos neu sgons catref sy'n blaen ac yn isel mewn siwgr



Grawnfwyd sy'n is mewn halen a siwgr fel:

Bisgedi Gwenith cyflawn
Shredded wheat
Reis crensiog
Gwenith Pwff Plaen
Uwd neu geirch cyflym heb siwgr



Arall

Taeniad annirlawn logwrt naturiol plaen neu fromage frais
Caws e.e. cheddar, mozzarella
Caws Bwthyn
Caws Hufen
Dip cartref e.e. raita, tzatziki, salsa, guacamole

Gall bwydydd protein, megis houmous, wyau wedi berwi, cyw iâr, tiwna, tahini menyndd cnau* siwgr isel, fod yn rhan o'r byrbrydau unwaith neu ddwy yr wythnos

**Cyhyd a nad oes plentyn yn y lleoliad efo diagnosis o alergedd i gnau'*



Diodydd

Dŵr plaen
Llaeth plaen