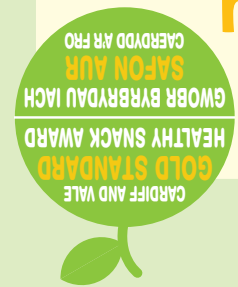


**Beth yw byrbrydau iach?**  
 Mae byrbrydau iach yn isel mewn siwgr, fitaminau, mineralau a fibr. Darperir rhestr halen ac ychwanegolion ac yn uwch mewn lawr o fyrbrydau da, sy'n cynnwys llystiau a ffwythau amrywioi.

**Beth yw'r Wobr Byrbrydau Iach Safon Aur?**  
 Mae'r wobr hon ar gyfer gwarchodwyr plant, grwpiau chwarae, meithrinfeidd, crèches a grwpiau rhieni a babanod ledled Caerdydd a'r Fro. Mae eich darparwr gofal plant/chwarae yn rhan o'r wobr 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 chynhyg 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 wobr Aur 'A Mwy'. Mae angen i leoliadau ddiweddarw'r wobr bob 2 flynedd.

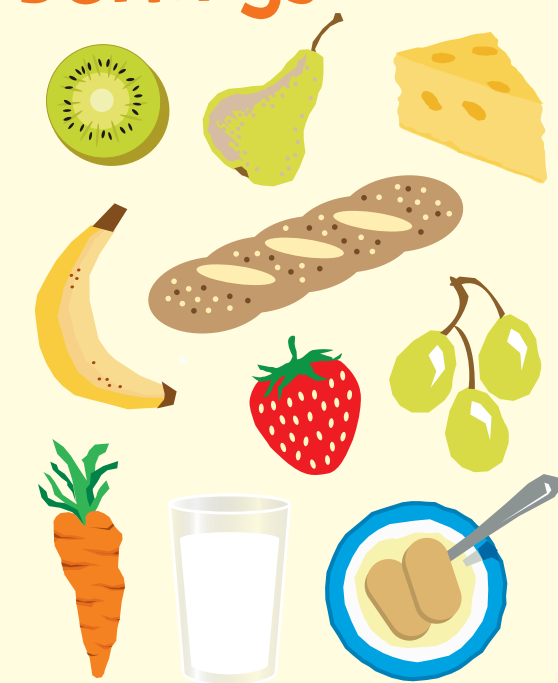


**Gwobr Byrbrydau Iach Safon Aur! Leoliadau Blynyddoedd Cynnar a Gofal Plant.**



**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 gwychbod bod plant yn fwy tebygol o fod o'r pwydau cywir, cael dannedd iach a chael yr egni 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

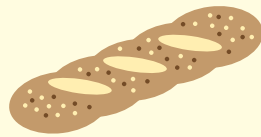
Apple  
Pear  
Orange/tangerine  
Banana  
Grapes  
Kiwi fruit  
Strawberries  
Pineapple  
Peach  
Melon  
Mango  
Raspberries  
Blueberries  
Plum  
Tomato  
Avocado  
Other suitable fruits

*Keep dried fruit to mealtimes only*



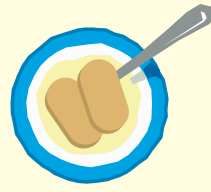
## Vegetables and Salad

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  
Homemade, low sugar, plain pancake or scone



## Lower salt and sugar cereals such as:

Whole wheat bisks  
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.



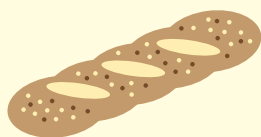
## Ffrwythau ffres a ffrwythau tun mewn sudd naturiol

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*



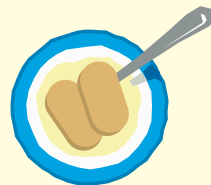
## Llysiau a salad

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  
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 menyn 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