

# Snacks That Make the Grade

Everybody snacks! Young children, students, parents and teachers will often eat between meals. Snacks can be fun and healthy; it just depends on what foods you choose. Think of healthy snacks as mini meals including at least 2 of the 4 food groups from Canada's Food Guide.

## 3 Step Snacking Guide:

### Step 1 – Snack nutritiously

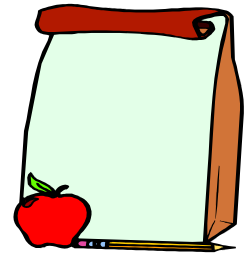
Nutritious snacks are simply wholesome foods like milk, cheese, fruits, vegetables, breads, cereals, meats or nuts.

### Step 2 – Limit the number of snacks

Snacks are for times when you are hungry or thirsty. A general guide is 2-3 snacks per day.

### Step 3 – Change the snacking menu daily

Variety ensures that you get the nutrients you need. A snack should contain two of the four food groups from Canada's Food Guide with at least one serving from the Vegetables and Fruit Food Group.



## Snacking

Choose healthy snacks that are good for your body...and don't forget about your teeth!

Many factors affect how damaging some foods can be for your teeth. Consider the amount of sugar or starch in the snack, how often it is eaten, how long it is in the mouth and it's consistency as well as stickiness. All of these factors may cause damage to your teeth.



## **Choose snacks that pack a lot of nutrition**

There are a lot of old favourites like veggie sticks, fresh fruit, cheese cubes, crackers, yogurt which make wonderful economical snacks. The following are also healthy snacks that can be prepared directly or are re-packaged, ready for a lunch bag.

### **Vegetables and Fruit**

- baby carrots with dip
- salsa as a dip with veggies & whole grain crackers
- fruit cups in own juice
- unsweetened applesauce cup
- 100% fruit/vegetable

### **Milk and Alternatives**

- cheese strings
- cartons of milk/chocolate milk
- yogurt cups/tubes
- yogurt beverages



### **Grain Products**

- whole grain melba toast
- whole grain cereals
- whole grain pancakes
- whole grain mini bagel/pitas/English muffins
- multi grain pretzels
- whole grain bread sticks

### **Meat and Alternatives**

- sunflower/pumpkin seeds
- hard boiled eggs
- hummus



### **Things to Remember**

- For some children, food allergies can be very serious. Check with your school regarding food allergy guidelines that they may have in place.
- Nuts, seeds, popcorn, some raw fruits such as grapes, some raw vegetables especially carrots are good snacks but may cause choking in children under age three. Always supervise young children when they are eating.