

Snack Attack!

Healthy Snacking with Canada's Food Guide

The Food Guide reminds us to eat mindfully and slowly, without distractions. Choose smaller portions - try not to eat directly from large bags or containers. Plan and prepare snacks ahead of time.

Include a variety of foods, such as:

Vegetables and Fruits

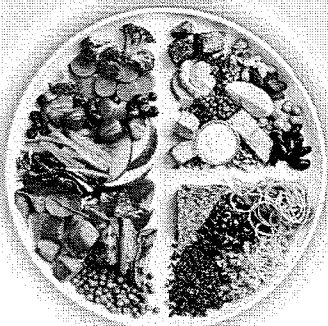
- Raw, canned or frozen

Protein Foods

- Cheese, yogurt or cottage cheese
- Hard boiled or devilled egg
- Bean dip or hummus
- Nuts, unsweetened nut butters, pumpkin or sunflower seeds

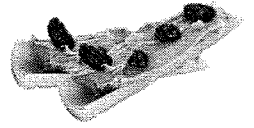
Whole Grain Foods

- Oatmeal, homemade granola or bars
- Bagels, muffins, crackers or pita bread
- Homemade muffins



Try these Combos!

- Cheese slices on whole wheat or rye crackers
- Peanut butter on celery with raisins on top
- Sliced tomatoes, cucumber and lettuce leaves on whole grain bread
- Peach or pear halves filled with cottage cheese

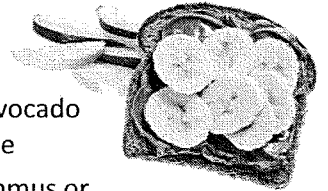


Crunchy, Crisp Foods

- Carrot sticks, raw turnip chunks, fresh peas in the pod, celery sticks, or radishes
- Apple wedges – try with peanut butter or sprinkle with cinnamon
- Air-popped popcorn sprinkled with cinnamon, herbs or parmesan cheese

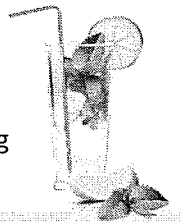
At Home

- Whole grain English muffin topped with avocado or apple slices and melted lower fat cheese
- Sliced cucumber and red pepper with hummus or lower fat yogurt dip
- Lower fat cheese and whole grain crackers with cherry tomatoes
- Whole grain toast with peanut or no-nut butter and banana
- Lower fat yogurt topped with frozen berries and nuts



Thirst Busters – Take Back the Tap!

- Stay hydrated with tap water!
- Turn tap water into a refreshing work of art by adding fresh herbs, fruits or veggies



Food Allergies

Some food items on this handout may be restricted in schools and childcare settings where children may have life-threatening food allergies. Check with your school or childcare setting for policies and practices related to food allergies.

Prevent Choking in Younger Children

Do not give foods like nuts, whole hot dogs, popcorn, whole grapes, large pieces of raw fruit or hard, raw vegetables, peanut butter by the spoonful, chewing gum or hard candies, fruit with pits or marshmallows to a child under 4 years old.

Healthy Teeth

These foods are healthy but high in sugar or stick to the teeth, both of which can cause tooth decay. Try to eat them only with meals:

- Dried fruit: raisins, prunes, apricots, figs, etc.
- Homemade baked goods like cookies and granola bars

