

Snacks that Make the Grade

Young children, students, parents and teachers often eat between meals. Think of healthy snacks as mini meals. Choose snack foods from the four food groups in Eating Well with Canada's Food Guide.

There are good reasons to snack:

- Healthy snacking keeps you feeling energized during the day.
- Healthy snacking helps you get all of the nutrients your body needs to stay healthy.

Healthy Snack Ideas:

- Small whole grain muffin and apple slices
- 1/2 bagel with cheese
- Yogurt with fruit slices
- Handful of whole grain cereal and banana
- Bread sticks with hummus
- Milk pudding graham wafers
- Canned tuna spread on whole grain crackers
- Hard boiled egg and whole grain bread
- Applesauce and a glass of milk
- Deli meat (chicken, turkey or roast beef) and veggie sticks
- Trail mix and glass of 100% fruit juice



Note:

Nuts, seeds, some raw fruits such as grapes and some raw vegetables, especially carrots, are a good snack, but may cause choking in children under age four. Always supervise young children when they are eating.

Easy Snack Recipes:

Fruit Shake

Blend Together

¾ cup plain yogurt
¾ cup drained pineapple chunks
2tbsp. frozen orange juice concentrate

(200 ml)
(200 ml)
(30 ml)

Nuts and Bolts

6 cups Crispix-like cereal
2 cups each Cheerios, Shreddies-like cereal
2 cups pretzels
4 tbsp. vegetable oil
8 tbsp. any dry dressings or dip mix

In a large roasting pan gently mix cereals, pretzels with oil until well coated with mix. Store in an airtight container



Snacks that are safe for your teeth:

- Aged cheese e.g. Cheddar, Mozzarella
- Meat, fish, eggs and poultry such as chicken or turkey
- Raw vegetables, nuts and seeds

Keeping Food Safe to Eat:

- Wash hands before, during and after food preparation and before eating
- Wash all vegetables and fruit thoroughly
- Keep cold foods “cold” and hot foods “hot” by packing foods in an insulated bag or thermos

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