

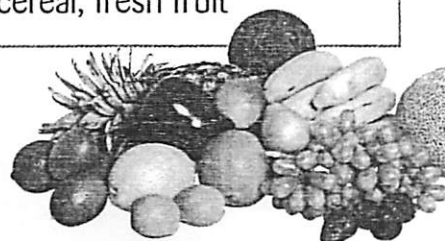
Fun and Easy Snack Ideas

Veggies & Dip	Baby carrots, broccoli, red, green or yellow peppers, celery sticks, hummus or low fat salad dressing
Cheesy Pizza	Cheese, tomato sauce, whole grain English muffin, vegetables (peppers, mushrooms, etc.) Serve cold or heat in oven and serve warm
Pocket of Surprises	Whole grain pita pocket, shredded carrots, sliced cucumbers and peppers, cheese
Fruit Kabobs	A variety of cut-up fruit (banana, melon, apple, pear, mango), kabob stick or straw, vanilla yogurt for dipping
Cereal & Milk	Whole grain cereal, milk
Blueberry Yogurt Smoothie	1 cup of milk, ½ cup of plain or flavoured yogurt, 1 cup fresh or frozen blueberries. Mix in a blender and enjoy
Yogurt Parfait	Yogurt, whole grain cereal, fresh fruit

Visit healthcanada.gc.ca/foodguide
for information about *Canada's Food Guide*.

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Healthy Snacks

Healthy snacks are important for your child. Children have small stomachs and need to eat often during the day to make sure they get all the nutrition they need to grow, learn and play.

A healthy snack has foods from 1 to 3 food groups in *Canada's Food Guide*.

Aim for **Every Day** choices most of the time.

	Vegetables and Fruit	Grain Products (choose foods with as little trans fat and saturated fat as possible)	Milk and Alternatives	Meat and Alternatives
Offer Every Day	Fresh fruit Raw vegetables Applesauce (no sugar added) Canned fruit salad (in juice)	Whole grain cereal (more than 2 grams of fibre per serving) Whole grain bread, bagel or English muffin Whole grain pita, flat bread or tortilla Whole grain chapatti, naan or roti Whole grain crackers Whole grain Melba toasts or bread sticks	Plain milk Yogurt Cheese Fortified soy beverage	Bean dip Canned light tuna or salmon Hard-boiled egg Hummus Chicken, turkey, roast beef Nuts and nut butters Roasted soy nuts or chickpeas Seeds
Offer Sometimes	Dried fruit Canned fruit (in syrup) 100% fruit leathers 100% fruit or vegetable juice	Animal or graham crackers Arrowroot or oatmeal cookies Baked tortilla chips Cereal or granola bars Fig fruit bars Low fibre cereal (less than 2 grams of fibre per serving) Plain popcorn Pretzels Raisin bread Rice cakes Small bran, oatmeal or fruit muffin	Milk pudding Frozen yogurt Chocolate milk Yogurt drink	
Offer Rarely	Chocolate or yogurt-covered dried fruit	Cakes, cupcakes, donuts Croissants Dipped granola bars High fat (more than 5 g of fat per serving) baked goods such as brownies, cookies, muffins, and pastries Cereals that contain a lot more sugar than fibre Toaster pastries	Ice cream Milkshakes	Beef jerky, pepperoni sticks Bologna, salami Nuts and seeds with added chocolate or candy

Food Allergy Alert – Some foods, such as nuts and nut butters, are not allowed in schools, child care centres and other group settings.