

Great Snacks

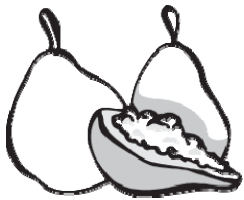
Snacks are great! Children and youth should have 1-3 snacks every day. The snacks below:

- Help to keep you full between meals so you won't be overhungry at regular meal times
- Give you energy to do the things you love to do
- Are great before and after activities and sports
- Have 2 out of the 3 food groups from [Canada's Food Guide](#) plate



Encourage children and youth to eat if they are hungry, and stop when they are satisfied.

Cold Snacks



- Apple slices with peanut butter
- Triscuits with cheese
- Pear slices with cottage cheese
- Home-made trail mix: 1/4 cup cereal of choice (e.g. Cheerios) + 3 tbsp raisins + 1-2 tbsp peanuts
- Pretzels with hummus
- Celery sticks with thinly spread peanut butter
- Whole grain cereal (>2g fibre/serving) and milk
- Baked tortilla chips and bean dip or salsa
- Peanut butter on whole grain bread
- Turkey slices on whole grain bread with a small amount of margarine or mayonnaise
- Yogurt with fresh or frozen fruit
- Pita pocket filled with shredded carrots, sliced cucumbers, and cheese with tzaziki or hummus
- Fruit kabob: cut-up fruit on a kabob stick with yogurt for dipping
- Yogurt parfait: yogurt, whole grain cereal (>2g fibre/serving), and fresh or frozen fruit
- Canned tuna or salmon on whole grain crackers
- Fruit smoothie: 1 cup milk, 1/2 cup frozen strawberries and 1/2 banana

