

# Great Snacks

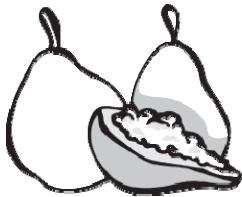
Snacks are great! Children and youth should have 1-3 snacks every day. The snacks below:

- Help to keep you full between meals so you won't overeat at regular meal times
- Give you energy to do the things you love to do
- Are great after activity
- 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

## Hot Snacks



- Cup of soup: tomato, vegetable, lentil, pea, etc. with whole grain crackers
- Whole grain waffle topped with vanilla yogurt and fresh fruit
- English muffin topped with pizza sauce and grated cheese
- Quesadilla: small tortilla with salsa and grated cheese
- English muffin with a sliced hard boiled egg with cheese melted on top
- A few cups of air-popped (with 1-2 tsp margarine, butter or olive oil and a sprinkle of salt, or 1-2 tbsp parmesan cheese) or low-fat popcorn (without added butter or margarine)

## Tips

Kids are more likely to grab snacks to go if they're ready

- Keep vegetables washed and cut up in the fridge
- Keep fruit in a bowl on the kitchen table
- Keep treats away from eye level. If your kids don't see them, they won't choose them as often

## Your Own Great Snacks

Come up with snack ideas on your own using Canada's Food Guide! Remember: a healthy snack has 2 out of the 3 food groups. The food groups are: fruit and vegetables, whole grain products, and protein foods.

Example #1: Yogurt + Whole Grain Toast  
Food Group: A protein food                      Food Group: A grain

Example #2: Apple + Peanut Butter  
Food Group: A fruit                                      Food Group: A protein food

## Now try making your own great snacks!

Snack Idea #1: \_\_\_\_\_ + \_\_\_\_\_  
Food Group:                                      Food Group:

Snack Idea #2: \_\_\_\_\_ + \_\_\_\_\_  
Food Group:                                      Food Group:

Snack Idea #3: \_\_\_\_\_ + \_\_\_\_\_  
Food Group:                                      Food Group: