

What did you eat for a snack today?

Snacks can be part of a healthy lifestyle, especially when our snack choices are based on Canada's Food Guide. Unfortunately, more than 40% of Canadians' daily calories come from snacks falling outside of Canada's Food Guide's four food groups. Some examples of these foods include chips, cookies, chocolate bars, doughnuts and store-bought muffins. Having these foods available at home, at work, or when we are on-the-go, can make it difficult to choose a healthy snack.

Write down examples of a healthy snack, including two of the four food groups that you can enjoy every day: _____

- 1 Eat a healthy breakfast every day
- 2 **Re-think your snack**
- 3 Be active every day
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies
- 8 Watch less TV

A healthy snack including two of the four food groups is the Motiv8 way to snack!

For more information visit www.eatwellgetfitlivelife.ca



RE-THINK YOUR SNACK

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Some tips to help you re-think your snack:

- **Plan Ahead.** When we are in a hurry, we often choose less healthy snacks for convenience. Stock your cupboards, fridge and desk drawer with a variety of healthy snack foods such as fresh, frozen or canned fruit, cut-up fresh vegetables, whole grain breads and crackers, yogurt, cottage cheese, and trail mix made with nuts and dried fruit.
- **Snacks are mini-meals.** Portion size is important when it comes to snacks. That's why we should choose two of the four food groups from Eating Well With Canada's Food Guide when planning a snack.
- **How many snacks per day?** Snacks, even healthy snacks, should be limited to no more than three per day.
- **Include some fibre and protein in your snack.** This will help keep your energy levels up until your next meal.



Try these quick and easy snack ideas that include two of the four food groups:

- ½ cup (125 mL) celery and carrot sticks with a ¼ cup (50 mL) hummus
- 6 to 7 whole grain crackers topped with a ¼ cup (50 mL) tuna or salmon or a slice of cheese
- ¼ cup (50 mL) unsalted nuts and 1 cup of vegetable juice
- ½ cup (125 mL) fresh, frozen or canned fruit with ¾ cup (175 mL) vanilla yogurt or 1 cup (250 mL) cottage cheese
- Trail mix, made with ¼ cup (50 mL) whole grain cereal, 2 tbsp (30 mL) nuts and 2 tbsp (30 mL) dried fruit
- 1 medium apple or ½ cup (125 mL) celery with 2 tbsp (30 mL) of peanut or nut butter

So why should we choose a healthy snack? Healthy snacks help you meet your daily nutrient needs, boost your energy, and prevent hunger and food cravings which can help you reach and keep a healthy weight.

Do you need a snack? Not everyone needs to snack. Listen to your body and its hunger cues. If you are hungry, eat a snack until you are satisfied not full. A good rule to follow is if your meals are more than four hours apart or if you are very hungry going into your next meal, it would be a good idea to have a snack. Snacks help us fill the gap between meals so we do not overeat at our next meal.