

Snacking Smart for Kids



- Snacks are important for children! Snacks provide the energy needed for learning and playing. Children have small stomachs and higher energy needs required for growth.
- Everyday snacks should include foods from at least two different food groups in each snack. Post a copy of Canada's Food Guide on the fridge as a reminder to yourself.
- Snacks should be low in sugar to prevent tooth decay and moderate in salt and fat for good health.

Choose from 2 of the following food groups to make a nutritious snack:

Vegetables and fruit:

- cucumber, peppers, lettuce, cauliflower, broccoli, carrots, orange, apple, pear, melon, kiwi, , grapes, strawberries, fresh fruit, canned fruit, unsweetened fruit and vegetable juices

Grain products:

- Enriched or whole wheat breads and rolls, pita bread, homemade muffins, dry cereal, tortillas, crackers, pasta, rice

Milk & Alternatives:

- Milk, yogurt, pudding made with milk, cheese

Meat & Alternatives:

- Cooked eggs, lean deli meats, leftover chicken or turkey from supper, canned beans, bean dips, hummus, sunflower butter or seeds

Snack ideas

Be creative with your snacks!
Enjoy a variety of foods.

- Crackers with cheese.
- Applesauce with ½ a bagel.
- Fruit and cheese kabob.
- Popcorn seasoned with parmesan cheese served with 100% fruit juice.
- Vegetables with dip (make a homemade bean dip or use cottage cheese or plain yogurt).
- Homemade muffin and milk.
- Yogurt and bananas.
- Melon dipped in vanilla yogurt or pudding.
- Dry unsweetened cereal and skim milk.
- A parfait made of layers of yogurt, fruit and granola
- Cold pizza
- Chocolate milk and dry cereal that you can eat with your hands
- Cheddar cheese and apple slices
- String cheese and baby carrots
- Yogurt tube and a banana



 **Note: If you are packing a lunch or snack for school be sure to remove nuts and nut butters!**

These snacks should be saved for special occasions; they are “sometimes” foods:

- Fruit roll-ups
- Sweetened fruit drinks, punches, cocktails, blended drinks, iced tea, lemonades, pop
- Cookies with cream fillings, chocolate and icing
- Potato chips, nacho chips, French fries
- Processed cheese slices or spreads
- Chocolate bars
- Suckers, candy
- Donuts, packaged snack cakes
- Pies, brownies
- Sugar-coated cereal

Water is the best thirst quencher!

It contains no calories and hydrates your body better than any other beverage.



Snacking tips for the environment:

- Use reusable containers. Carry a lunch box or cloth bag.
- Use inexpensive metal cutlery rather than plastic.
- Use a spill-proof thermos for milk, juice or soup.
- Use less individually packaged snack foods.
- Recycle as much packaging as possible.

Ensure snacks are age appropriate so that children do not choke.

Remember your Teeth!

- Sugary and sticky snacks cause cavities, especially if children eat them often and are not able to brush their teeth afterwards.
- Pack a toothbrush and toothpaste into your child's bag. Remind them to brush after eating to help prevent cavities.
- If children cannot brush encourage them to:
 - Rinse their mouth with water.
 - Eat some cheese because it helps to protect your teeth from cavities.
 - Chew a piece of sugar-free gum.



For more information contact Nutrition Services at (807) 625-8315 or visit our web site at www.tbdhu.com
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