

## Snack Time

It is common for children to get hungry between meals. Snacks are important for children to help them grow and give them energy. Choose a variety of snacks from the four food groups in Canada's Food Guide. Here are some fun snack suggestions:

- Yogurt or fruit smoothies
- Fresh or canned fruit (in juice)
- Vegetable sticks and hummus or low-fat salad dressing
- Crackers, pita or roti with cheese or hummus, etc.
- Whole grain cereal and milk
- Small bran, oatmeal or fruit muffin

For more information, call Toronto Health Connections at 416-338-7600 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Nutrition—Nutrition Matters).

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