

# Healthy Snacks

Healthy snacks are important for your child. Children have small stomachs and need to eat often during the day to make sure they get all the nutrition they need to grow, learn and play.

A healthy snack has foods from 1 to 3 food groups in *Canada's Food Guide*

Aim for **Every Day** choices most of the time.

	Vegetables and Fruit	Grain Products (choose foods with as little trans fat & saturated fat as possible)	Milk and Alternatives	Meat and Alternatives
Offer Every Day	<ul style="list-style-type: none"> <li>Fresh fruit</li> <li>Raw vegetables</li> <li>Applesauce (no sugar added)</li> <li>100% fruit or vegetable juice</li> <li>Canned fruit salad (in juice)</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain cereal (&gt; 2 grams of fibre per serving)</li> <li>Whole grain bread, bagel or English muffin</li> <li>Whole grain pita, flat bread or tortilla</li> <li>Whole grain chapatti, naan or roti</li> <li>Whole grain crackers</li> <li>Whole grain Melba toasts or bread sticks</li> </ul>	<ul style="list-style-type: none"> <li>White milk</li> <li>Chocolate milk</li> <li>Yogurt</li> <li>Yogurt drink</li> <li>Cheese</li> <li>Fortified soy beverage</li> </ul>	<ul style="list-style-type: none"> <li>Bean dip</li> <li>Canned light tuna or salmon</li> <li>Hard-boiled egg</li> <li>Hummus</li> <li>Chicken, turkey, roast beef</li> <li>Nuts and nut butters</li> <li>Roasted soy nuts or chickpeas</li> <li>Seeds</li> </ul>
Offer Sometimes	<ul style="list-style-type: none"> <li>Dried fruit</li> <li>Canned fruit (in syrup)</li> <li>100% fruit leathers</li> </ul>	<ul style="list-style-type: none"> <li>Animal or graham crackers</li> <li>Arrowroot or oatmeal cookies</li> <li>Baked tortilla chips</li> <li>Cereal or granola bars</li> <li>Fig fruit bars</li> <li>Low fibre cereal (&lt;2 grams of fibre per serving)</li> <li>Plain popcorn</li> <li>Pretzels</li> <li>Raisin bread</li> <li>Rice cakes</li> <li>Small bran, oatmeal or fruit muffin</li> </ul>	<ul style="list-style-type: none"> <li>Milk pudding</li> <li>Frozen yogurt</li> </ul>	
Offer Rarely	<ul style="list-style-type: none"> <li>Chocolate or yogurt-covered dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>Cakes, cupcakes, donuts</li> <li>Croissants</li> <li>Dipped granola bars</li> <li>High fat (&gt;5 g of fat per serving) baked goods such as brownies, cookies, muffins, and pastries</li> <li>Sugary cereals</li> <li>Toaster pastries</li> </ul>	<ul style="list-style-type: none"> <li>Ice cream</li> <li>Milkshakes</li> </ul>	<ul style="list-style-type: none"> <li>Beef jerky, pepperoni sticks</li> <li>Bologna, salami</li> <li>Nuts and seeds with added chocolate or candy</li> </ul>

Food Allergy Alert—Some foods, such as nuts and nut butters, are not allowed in schools, child care centres and other group settings.



## Fun & Easy Snack Ideas

### Veggies & Dip

baby carrots, broccoli, red, green or yellow peppers, celery sticks, hummus or low fat salad dressing

### Cheesy Pizza

cheese, tomato sauce, whole grain English muffin, vegetables (peppers, mushrooms, etc.)  
Serve cold or heat in oven and serve warm

### Pocket of Surprises

whole grain pita pocket, shredded carrots, sliced cucumbers and peppers, cheese

### Fruit Kabobs

a variety of cut-up fruit (banana, melon, apple, pear, mango), kabob stick or straw, vanilla yogurt for dipping

### Cereal & Milk

whole grain cereal, milk

### Jungle Juice

milk, 100% grape juice, banana  
Mix in a blender and enjoy

### Yogurt Parfait

yogurt, whole grain cereal, fresh fruit

Visit [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide) for information about *Canada's Food Guide*.

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