



PRACTICES

More Snacks

This information supports the following Healthy Beginnings 2-5 guideline:

- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.

It is as easy as 1-2-3!

Step 1: **Start with a vegetable and/or fruit.**

Step 2: **Add one choice from the other three food groups.**

Step 3: **Serve using the preschooler portion sizes suggested in *Eating Well with Canada's Food Guide*.**



Here are some healthy snack options that contain two food groups.

Snacks served with fruit:	Snacks served with vegetables:	Serve these snacks with a vegetable or fruit:
Homemade muffin and applesauce	Hard cheese chunks and vegetables with or without low-fat dip	Whole grain toast
Rolled oats with cinnamon and chopped fresh or frozen berries	Slices mushrooms and cucumber with ½ cup (125 mL) of plain milk	Hard cooked or scrambled eggs
Fresh fruit and plain yogurt	Fresh vegetables with or without low-fat dip and whole grain crackers	Banana bread
Whole wheat bannock and fresh fruit	Sliced bell peppers served with hummus	Plain yogurt
Banana slices with nut or soy butter	Half of a whole wheat English muffin pizza with cheese, peppers and tomato sauce	Lentil dhal
Low-sugar breakfast cereal with orange wedges	Vegetarian chilli (beans and chopped veggies)	Tuna with 1 tbsp. mayo
Smoothies made with fruit and yogurt or tofu	Vegetable soup and a whole wheat bun	Dry whole grain breakfast cereal
	Whole grain pita and chunky tomato salsa Hard cheese slices	

Adapted from *Healthy After Schools*