



Super Snacks – Snacking The Healthy Way!

Dear parents,

This week the Healthy Beginnings 2-5 program will focus on super snacks. Our key message is to choose healthy snacks that include at least one fruit or vegetable.

We'll talk about what makes a healthy snack, how to identify healthy snacks and which foods should be eaten only sometimes. For children, snack time is not only enjoyable but also necessary. Make sure that your kids' snack foods pack a nutritious punch.

So, what makes a healthy snack? Think of snacks as a mini-meal. Here are some qualities to keep in mind when planning and serving foods to children for a snack:

- Include a vegetable or fruit with every meal and snack.
- Mix it up! Include an option from one of the other three food groups to accompany your vegetable and fruit selection. For example, serve cheese cubes (milk and alternatives), with apple slices (vegetables and fruit).
- Read the Nutrition Facts table on the products you buy. Choose foods low in fat, salt (sodium) and sugar.

How much snacking is okay? This depends on your child's overall diet. But a good rule of thumb is to provide three meals a day and two to three snacks every few hours as needed.

To boost the nutrition in your children's snacks, follow these healthy eating tips:

- Choose snacks wisely. Children need energy between meals, and snacks can provide about 25 % of your child's nutrition.
- You can limit the amount of low-nutrition foods such as candy, cookies and chips, by serving only as occasional options. It's easier to say no if you don't keep those foods in the house.



Try packing these super snack ideas!

- Steamed baby carrots and yogurt
- Cucumbers and cottage cheese
- Applesauce and graham crackers
- Hard-boiled eggs and orange wedges
- Hummus and quartered mushrooms
- Dry cereal and raspberries/bananas/blueberries and plain milk

For more information, visit www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/children_go-enfants_actifs-eng.php