

HEALTHY SNACKS FOR CHILDREN

Snacks are important for children as they have high energy and nutrient needs. Snacks support growth, fuel the brain and power the muscles throughout the day. Eating items from 2 of the 4 food groups, as outlined in *Canada's Food Guide*, available at each snack helps to meet the nutrient needs of growing, active bodies.

Examples of healthy snacks:

- ◆ Cheese and crackers
- ◆ Nut butters and crackers
- ◆ Trail mix
- ◆ Yogurt and fruit or yogurt and fruit smoothies
- ◆ Yogurt and granola
- ◆ Muffins and cheese or nut butter and fruit
- ◆ Pudding and fruit
- ◆ Energy bars
- ◆ Vegetable sticks and cheese or dip

Tips for healthy snacking:

Be a positive role model for healthy eating. Remember that what is purchased and brought into the house is what is eaten. Make the healthy choice the easy choice by purchasing healthy, less processed, low sugar, lower fat foods.

- ◆ Processed foods are generally high in sugar, fat and salt and low in nutrients.
- ◆ High sugar snacks can produce short bursts of energy (lasts 15 – 20 minutes only) and are often followed by a drop in blood sugar and a drop in energy. This drop leaves people feeling tired and irritable, making it difficult to concentrate.

For more information contact:

- ◆ Your local Health Unit
- ◆ Dial-A-Dietitian 1-800-667-3438 OR www.dialadietitian.org
- ◆ www.dietitians.ca/english/index.html
- ◆ www.actnow.bc