

SNACK WELL

...it's for life!

1. Choose nutritious snacks
2. Limit the number of snacks to three a day & watch your portion sizes
3. Include at least two food groups with each snack
4. Choose snacks that are healthy for your teeth

Healthy snack choices include:

- Fruits & vegetables
- Crackers & cheese
- Dry unsweetened cereal
- Pita pocket with veggies, hummus, cheese, salsa
- Fruit shakes & smoothies



For more information:
352-7270

www.chatham-kent.ca/healthyliving

Tips

- Choose nutritious snacks. You will get the extra vitamins & minerals your body needs & less extra fat, sugar & salt.
- Watch your portion sizes. Remember, a snack is something that will give your family a little nutritional boost before their next meal. It helps to take foods out of large packages & portion them out before serving it.
- Aim for two food groups – Try to get foods from two food groups with the snacks. This will help meet the servings from Canada's Food Guide to Healthy Eating. Aim for variety in your snacks.
- Be careful with pre-packaged & convenience foods – these foods usually contain higher amounts of fat, sugar, salt & calories & not a lot of the nutrients that your body needs. You can prepare your own healthier version from foods at home. They will be much less expensive & more nutritious.
- Be good to your teeth – snacks that are high in sugar can cause cavities so it is important to brush your teeth after eating. If you can't brush, then chew sugarless gum or rinse your mouth with water to remove some of the sugar around the teeth.

More healthy snack choices:

- Muffins with cheese or fruit
- Popcorn sprinkled with parmesan cheese
- Bean burritos
- Tuna mixed with ricotta cheese & crackers
- Whole wheat toast with low fat cottage cheese, sprinkled with cinnamon & sugar
- Yogurt mixed with low fat granola

*Minimize Risk!
Maximize Life!*

