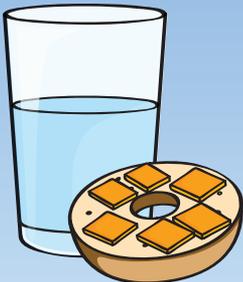


Facts on SNACKS

Do you make snacks for young children?

*Do you need ideas for healthy snacks
for between meals or on the go?*

**Here is a guide to preparing
snacks in a healthy way**



Healthy Snacking Made as Easy as 1-2-3

Use this **3-Step Snacking Guide** to help you prepare snacks in a healthy way.



1. Go for *Canada's Food Guide*

Choose foods from the four food groups for good health. Aim for two food groups at each snack. Foods like vegetables and fruit (rather than juice); whole-grain breads, crackers and cereals; milk; cheese; yogurt; meat; fish; beans and legumes all make good snacks.

2. Snack in a tooth-friendly way

Snacks are important for giving young children energy and helping them grow, but constant snacking can harm teeth. Offer snacks when children are hungry or thirsty and not more than three times a day for a healthy smile.

3. Mix it up

Offer different snacks each day. This will help make sure children are getting what they need for healthy teeth and bodies.



Be Good to Your Teeth!

Snacks high in sugar can cause cavities, especially if children snack often and food stays on their teeth.

Here are some ways to help protect your children's teeth when they eat snacks:

- Make sure they brush and floss after eating when they can, but especially before bed.

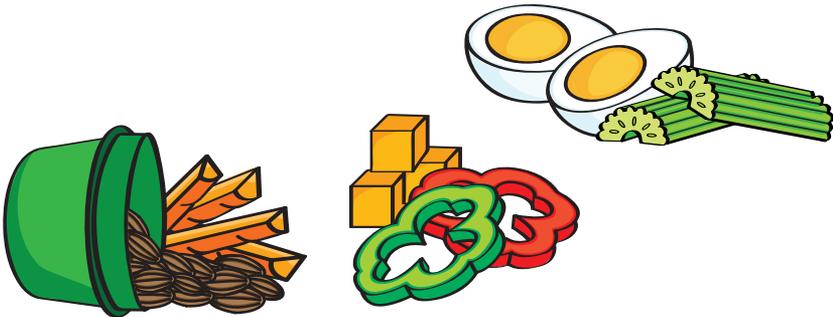
If children can't brush, have them

- Eat some hard cheese because it helps protect teeth from cavities
- Rinse their mouth with water
- Chew a piece of sugarless gum*

Snacks to choose when children can't brush:

- Hard cheese such as Cheddar or Swiss
- Meat, fish, eggs, chicken or turkey
- Raw vegetables, nuts* and seeds*

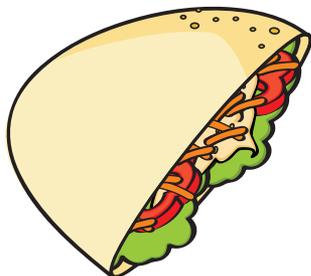
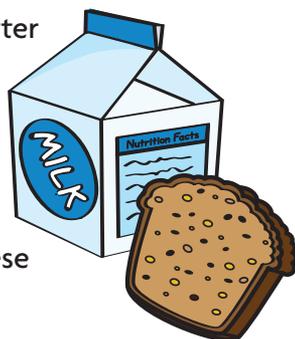
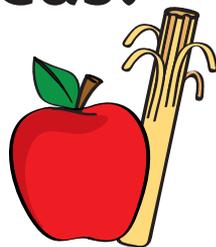
*Foods that are hard to chew or are small, round or oval in shape may cause choking. Always supervise young children when they are eating.



Need Snack Ideas?

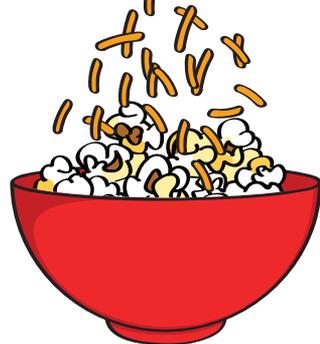
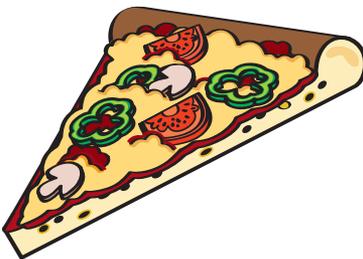
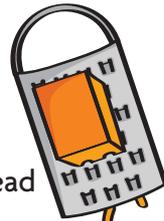
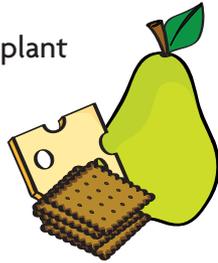
Here are some healthy and delicious snack ideas:

- Apple and cheese string
- Chicken souvlaki and tzatziki
- Smoothie made from milk or juice, fruit and yogurt
- Celery sticks filled with peanut butter
- Kiwi with a handful of nuts
- Whole-grain cereal with milk
- Leftover chapatti with dal
- Small homemade muffin with cheese
- Cold veggie pizza slice
- ½ whole-wheat bagel with tuna or salmon salad
- Small bowl of noodles with shrimp
- Whole-grain crackers or rice cakes topped with slices of pear and melted cheese
- Kheer or rice pudding
- Fruit cup with cottage cheese



Post these ideas on the fridge for quick reference

- ½ whole-wheat pita stuffed with hummus or salsa, vegetables and cheese
- Leftover fajita or burrito
- Yogurt topped with granola and berries
- Popcorn sprinkled with shredded cheese
- Grilled vegetables such as red peppers or eggplant on a small piece of naan
- Hard-boiled egg and slice of whole-wheat toast
- Slice of homemade banana bread and milk
- Cold pancake with fruit
- Peanut butter and banana rolled in a small soft tortilla
- Baked eggroll or samosa
- Canned sardines or herring with crisp bread
- Chocolate milk and orange segments



Quick and Easy Snack Recipes:

Chocolate Monkey

Combine in a blender:

- 1 cup (250 mL) chocolate milk
- 1 chopped banana
- 2 ice cubes

Blend until smooth



Cinnamon Delight

Spread a slice of toasted whole-grain bread with:

- 1 Tbsp (15 mL) applesauce

Sprinkle with:

- a pinch of cinnamon

Veggie Dip

Mix together:

- 1 cup (250 mL) yogurt
- $\frac{1}{3}$ cup (80 mL) mayonnaise
- 1 Tbsp (15 mL) finely chopped onion
- 1 Tbsp (15 mL) finely chopped parsley
- 1 tsp (5 mL) dill

Season to taste. Serve with raw vegetables.

Tropical Fruit Shake

Combine in a blender:

- $\frac{3}{4}$ cup (175 mL) plain yogurt
- $\frac{3}{4}$ cup (175 mL) drained pineapple chunks
- 2 Tbsp (30 mL) frozen orange juice concentrate

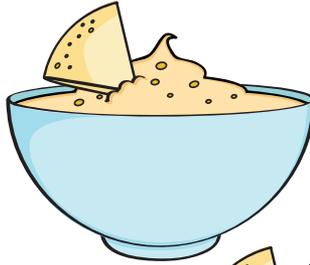
Blend until smooth.



Yummy Hummus

In a blender, puree a 19 oz (540 mL) can of chickpeas. Then add the following, blending after each addition:

- ¼ cup (60 mL) tahini (or peanut butter)
- ¼ cup (60 mL) lemon juice
- ¼ cup (60 mL) plain yogurt
- ¼ cup (60 mL) olive oil
- ½ tsp (2 mL) ground cumin
- 2 garlic cloves
- Salt and pepper to taste



Puree until smooth and serve with whole-wheat pita bread or raw vegetables.



Super Tortilla Spirals

Spread a whole-wheat tortilla with:

- 2 Tbsp (30 mL) hummus or salsa

Sprinkle with:

- ¼ cup (60 mL) grated Cheddar cheese
- ¼ cup (60 mL) diced vegetables (such as bell peppers, cucumber or carrots)

Wrap it up and slice into spirals

Snacking Tips that Help the Environment

- Choose locally grown and produced foods when possible.
- Choose vegetables and fruit in season.
- Use fewer individually packaged foods.
- Use reusable containers.
- Carry a lunch box or a cloth lunch bag.
- Use inexpensive steel cutlery rather than plastic.
- Use a spill-proof thermos for milk, juice or soup.

Reviewed by:

- Ontario Association of Public Health Dentistry:
Victoria Leck, RDH
Elizabeth McIntosh, BA, RDH
- Ontario Society of Nutrition Professionals in Public Health:
Vanessa Hurley, MHSc, RD
Uma Sebastiampillai, MHSc, RD



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