

Healthy Snacks

Eating between meals can be part of a healthy lifestyle. Choosing snacks from a variety of the four food groups can help you get all the nutrients your body needs to be healthy.

Good reasons to snack!

- Choosing healthy snacks can keep you satisfied and keep your energy levels up. This can help you get through your busy day.
- Healthy snacks may lower your risk of heart disease, diabetes, stroke, and some types of cancer.



Snack tips

- Pick snacks that are rich in nutrients and fibre.
- Focus on vegetables and fruits as much as possible to help meet your requirements for that food group.
- Aim for snacks that have at least 1-2 of the food groups from Eating Well with Canada's Food Guide.

More snacking tips!

At home...

- Fill the fridge with colourful vegetables and fruit, yogurt, milk, and cheese – they are packed with vitamins and minerals
- Stock the pantry with quick and easy snacks like whole grain crackers and cereals, oatmeal, plain popcorn, fruit cups, puddings, trail mix, and nuts
- Make your own trail mix by combining dried fruit, unsalted nuts, sunflower seeds, pretzels and dry cereal. Feel free to mix it up with other ingredients!

At work...

- Keep fresh fruit, cut up vegetables and yogurt in the fridge
- Make a healthy choice by bringing your own snacks to meetings

On the go...

- Keep healthy snacks in your purse or bag to save time and money
- Use an insulated bag or an ice pack to keep foods chilled

If you're craving something...

Crunchy: apple slices, carrot sticks, rice cakes, dry cereal, unsalted nuts, whole grain crackers, plain air-popped popcorn*

For homemade microwave popcorn: Add ¼ cup of kernels to a brown paper bag and fold over or tape the bag shut. Place in the microwave folded side up for 2 – 3 minutes, or until there are 5 seconds between pops. Add seasonings as you wish.

Salty: Pretzels, baked potato chips

Sweet: Fresh, canned, or dried fruit, yogurt, cherry tomatoes, plain cookies like digestive or arrowroot, pudding

Cold and juicy: Fresh or frozen fruit, popsicle or frozen fruit bar, sherbet or sorbet, Jell-o

Soft and chewy: Mini muffin, fig newtons, homemade oatmeal raisin cookie

Chocolate flavoured: Fudgsicle, hot cocoa, pudding, frozen yogurt, chocolate milk, dark chocolate