

Nutrition Newsletter

Snack Time!

SNACK TIME IS JUST AS IMPORTANT AS MEAL TIME.
WHAT IS A HEALTHY SNACK? WHY IS HEALTHY SNACKING
IMPORTANT?
LET'S TALK ABOUT IT!

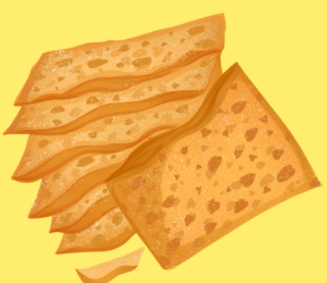


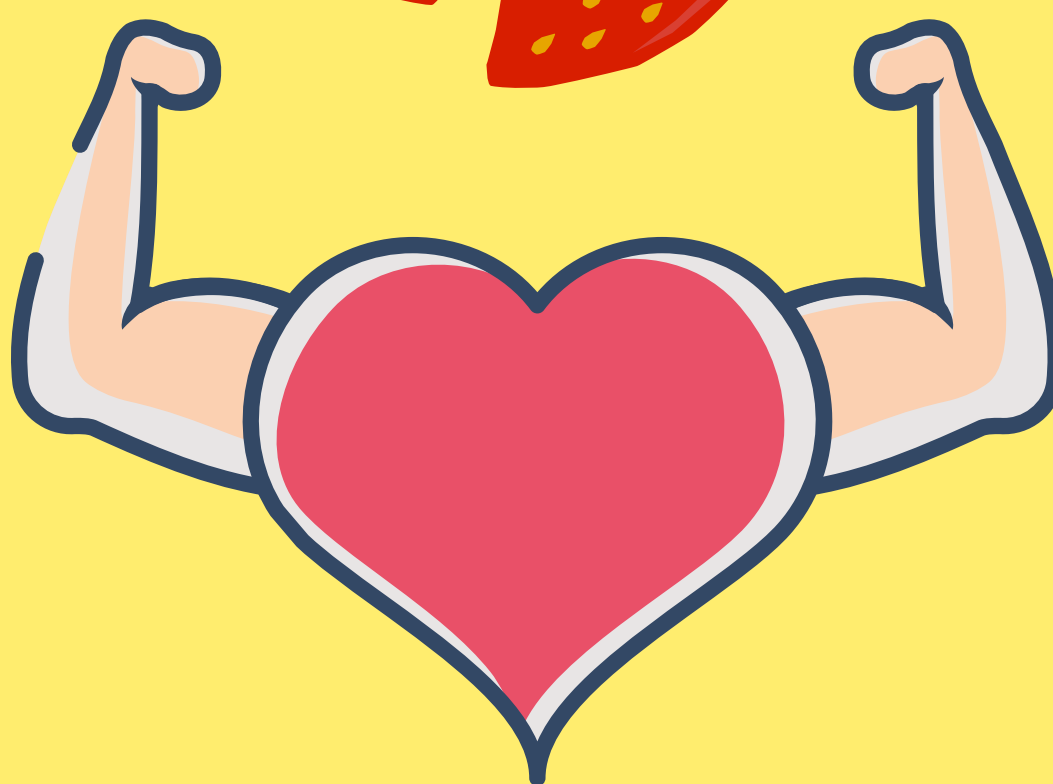
ACCORDING TO CANADA'S FOOD GUIDE, A HEALTHY SNACK
SHOULD CONTAIN AT LEAST 2 FOODS FROM THE MAIN FOOD
CATEGORIES SUCH AS: FRUIT OR VEGETABLE, A WHOLE GRAIN
OR A PROTEIN-RICH FOOD.

FOLLOWING THE ***HEALTHY PLATE MODEL*** WHEN PREPARING
SNACKS IS ONE WAY TO ENSURE HEALTHY SNACKING!

EXAMPLES OF SNACKS RICH IN FIBER AND PROTEIN:

1. FRUIT SMOOTHIE MADE WITH MILK
2. WHOLE GRAIN CRACKERS WITH CHEESE
3. VEGETABLES WITH HUMMUS
4. YOGURT TOPPED WITH BERRIES
5. WHOLE GRAIN MUFFIN SERVED WITH MILK
6. APPLE SLICES WITH YOGURT DIP





CHILDREN AND TEENAGERS HAVE HIGH ENERGY NEEDS AND THEREFORE IT'S IMPORTANT TO CONSUME SNACKS, IN ADDITION TO MEALS, TO ENSURE THAT THEIR ENERGY REQUIREMENTS ARE MET*

HEALTHY SNACKING HAS THE FOLLOWING BENEFITS:

1. PROVIDES ENERGY THROUGHOUT THE DAY
2. NUTRIENTS SUCH AS PROTEIN AND FIBER SUPPORT GOOD HEALTH
3. SATISFIES HUNGER LEVELS BETWEEN MEALS
4. ALLOWS FOR FOOD EXPLORATION

*THE SIZE OF THE SNACK DEPENDS ON WHEN THE NEXT MEAL IS SINCE



HEALTHY SNACKING INCLUDES THE PRACTICE OF MINDFUL SNACKING!

CHECK OUT THE FOLLOWING TIPS FOR PRACTICING MINDFUL SNACKING:

- EAT WITHOUT DISTRACTIONS
- LISTEN TO YOUR HUNGER CUES --> EAT WHEN YOU FEEL HUNGRY AND NOT WHEN TIRED, BORED, OR EMOTIONAL
- TAKE YOUR TIME WHILE EATING
- START DISCUSSIONS ABOUT FOOD WHILE ENJOYING YOUR MEAL WITH OTHERS