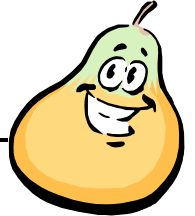



Are you having Healthy Snack Attacks?

Follow the steps below and find out if you are eating healthy snacks!

1. Write down all the snacks you ate yesterday.
2. Put a check mark (✓) in the food group column(s) where each snack belongs.



 Snacks	Canada's Food Guide to Healthy Eating Food Groups				
	<i>Grain Products</i>	<i>Vegetables and Fruit</i>	<i>Milk Products</i>	<i>Meat and Alternatives</i>	<i>Other Foods*</i>
examples: Pita bread with hummus	✓			✓	
Fruit roll-up					✓
Apple and cheese		✓	✓		
**"Other Foods" include: ♦ Fruit roll-ups ♦ Pop ♦ Popsicles ♦ Cookies ♦ Candies ♦ Chips/fries ♦ Chocolate bars ♦ Cakes "Other Foods" usually have added sugar and fat. These are "sometimes" foods, not "everyday" foods.					

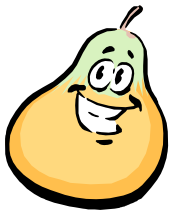
How Did You Do?



If most of your snacks are from the first four food groups - CONGRATULATIONS - you are having healthy snacks!



If most of your snacks are from "Other Foods", you need to make a few changes to have healthy snacks. See the back of this sheet for healthy snack tips and ideas.











Healthy Snacks

Snacking tips: Include foods from 2 of the 4 food groups.
 Eat different snacks every day. Variety is important.
 Use leftovers. They make great snacks hot or cold.

Healthy Snack Choices from Canada's Food Guide to Healthy Eating

GRAIN PRODUCTS	VEGETABLES AND FRUIT	MILK PRODUCTS	MEAT AND ALTERNATIVES
<ul style="list-style-type: none"> ◆ Bread, buns ◆ Bagel ◆ Bread sticks, crackers, pretzels ◆ Pita bread, tortillas ◆ Popcorn (little or no butter) ◆ Plain cereals ◆ Leftover pasta and rice 	<ul style="list-style-type: none"> ◆ Fresh fruit (e.g.: kiwi, orange, pineapple) ◆ Vegetable sticks (e.g.: carrot, cucumber, radish, kohlrabi) ◆ 100% pure fruit or vegetable juices ◆ Applesauce and other fruit sauces ◆ Canned fruit ◆ Dried fruit 	<ul style="list-style-type: none"> ◆ Milk ◆ Fortified soy beverage ◆ Yogurt ◆ Cheese ◆ Yogurt shake 	<ul style="list-style-type: none"> ◆ Hard boiled eggs ◆ Nuts and seeds* (for children 3 years and older) ◆ Nut and peanut butters* ◆ Meat slices ◆ Hummus spread ◆ Baked beans ◆ Pea or lentil soup

Mix And Match Snack Ideas

Bagel + Peanut Butter 	Baby carrots + Sliced egg 	Cucumber + tomato sandwich 	Fruit + yogurt shake 	Yogurt with dry cereal + fruit 	Leftover spaghetti + Milk 	Pretzels + Fruit juice 	Popcorn + Chocolate Milk 
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* Make sure nuts and peanuts are allowed in your school