

HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals spaced through the day to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay and children may not be hungry at meal times.

Tips for healthy snacking:

- ◆ Healthy snacks include foods from at least 2 of the 4 food groups from [Canada's Food Guide](#).
- ◆ Check food labels before you buy packaged snack foods. Look for snack foods that are low in sugar and high in nutrients such as fibre and calcium.
- ◆ Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Encourage children to rinse well with water after these snacks.

Keep these easy, healthy snacks on hand:

- ◆ Cut-up vegetables or fruit with salad dressing or yogurt dip
- ◆ Crackers and cheese
- ◆ Hummus and pita
- ◆ Yogurt and whole grain bread sticks
- ◆ Small muffin and fruit
- ◆ Whole grain cereal and milk
- ◆ Half a sandwich

Need more healthy snack ideas? Check out *Snack Attack!/Breakfast the Right Way to Start Your Day*, available at your school and [public health unit](#).

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [HealthLinkBC and Dietitian Services](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Dietitians of Canada](#)
- ◆ [Healthy Families BC](#)