

Choosing Healthy Snacks

Some people eat small meals and several snacks each day. Here are some things to think about when you choose a snack.

How do I know if the snack is healthy for me?

Canada's Food Guide to Healthy Eating tells us to eat many different foods from each of the four food groups. Here are some examples of snack foods from each group:

Here are some different food groups

Grain Products:

We need 5 to 12 servings each day.

How much is one serving?

1 slice of bread
1 tortilla
1 roti
1 pita
1 muffin
3 or 4 crackers
1/2 bagel

Vegetables and Fruit:

We need 5 to 10 servings each day.

How much is one serving?

1 medium-sized vegetable or fruit
1/2 cup canned fruit
1/2 cup juice

Milk Products:

We need 2 to 4 servings each day.

How much is one serving?

1 cup milk
a piece of cheese (3" x 1" x 1")
3/4 cup yogurt

Meat and Alternatives:

We need 2 to 3 servings each day.

How much is one serving?

1/4 cup nuts
3 strips beef jerky
1-2 eggs
2 tablespoons of peanut butter

Will this snack give me fibre?

Foods made from whole grains give you lots of fibre. This includes foods like: whole wheat, rye or barley, quinoa, wheat bran and oat bran.

Other foods that include lots of fibre are: vegetables, fruits, and beans. If you aren't used to a lot of fibre, add these foods to your diet slowly. Be sure to drink more fluids if you eat more fibre.



**HEALTHY
Eating
FOR
HEALTHY
Aging**

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Does my snack have a lot of salt?

As we get older, we may not taste foods like we used to. This usually means we add more salt than is good for us. Try adding herbs and spices instead of salt to bring out flavour. Cut down on the amount of salty snacks you eat.

Is my snack mostly fat?

A small snack can have more fat than a regular meal. Read the label. A low fat snack has less than 5% of your Daily Value (3g or less) of total fat. Try to choose more of these than high fat snacks.

Use this guide to help you choose healthy snacks.

Anytime snacks:

These snacks are healthy and low in fat. You can eat them any time.

- fresh fruit
- canned fruit in its own juice
- dried fruit (raisins, dried apricots)
- fresh vegetables, like carrots and celery sticks
- fruit juice
- whole wheat bagel
- crackers
- digestive cookie
- low fat cheese
- milk
- yogurt
- homemade pudding
- low fat or homemade whole grain muffin with fruit
- popcorn with no butter, or microwave popcorn
- hummus with pita bread

Sometime snacks:

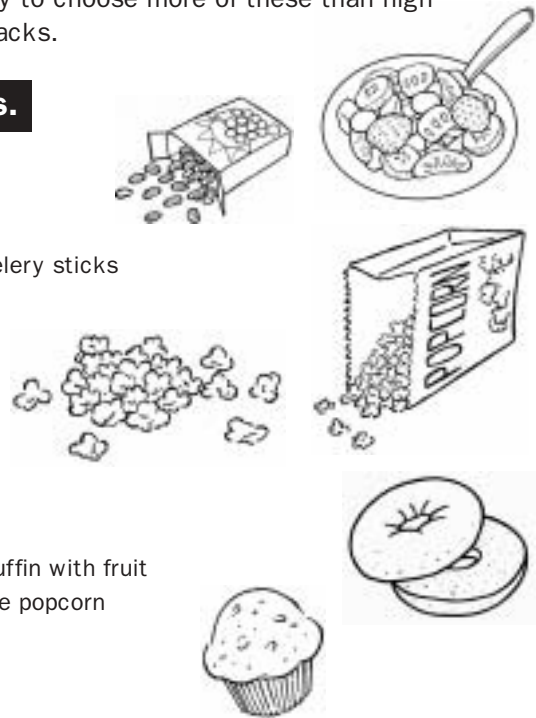
These are nutritious but higher in fat or salt than the anytime snacks. You should only eat them sometimes.

- buttered popcorn
- peanuts, nuts and seeds
- ice cream
- muffins you buy at a coffee shop
- granola bars
- regular cheese or processed cheese
- beef jerky

Rare snacks:

These foods are much higher in fat, salt and/or sugar. Have these snacks only once and a while.

- breath mints, candy and chocolate bars
- fudge
- deep fried foods (like French fries)
- doughnuts
- dipped granola bars
- ice cream bars
- fruit drinks
- instant soups
- potato chips
- sweet rolls



TIP

Enjoy eating well, being active and feeling good about yourself.