

# Healthy Snack Ideas



**Carrot sticks**  
**Celery sticks**  
**Pepper strips**  
**Broccoli**  
**Apple**  
**Banana**  
**Orange**  
**Pear**  
**Grapes**  
**Berries**  
**Fruit cup** (packed in water or juice)  
**100% fruit juice**  
**100% vegetable juice**

To make a well balanced snack pick a vegetable or fruit from the list on the left and team it up with a choice on the right:

**White milk**  
**Chocolate milk**  
**Yogurt**  
**Yogurt tubes**  
**Hard cheese**  
**Cheese strings**  
**Whole grain bread or bagel**  
**Whole grain crackers**  
**Popcorn**  
**Whole grain cereal**  
**Hummus**  
**Trail mix**  
**Peanut butter**



Healthy snacks  
can be  
**quick**  
**and tasty!**

Due to allergies check what foods are appropriate at your child's school or recreation facility

Please refer to the Brand Name Food List at <http://www.livinghealthyschools.com> for examples of foods from each food group that meet the School Food Guidelines

# Practical Steps Towards Healthy Snacking

- ✓ Buy snacks in large size containers such as canned fruit (in water or juice), 100% juice, crackers, pretzels, popcorn and cereals. Serve these items in portable, reusable containers.
- ✓ Prepare snacks in advance. If healthy snacks are available children will likely choose them when hunger strikes!
- ✓ Be a good role model and encourage healthy snacks. Avoid naming foods as “good or “bad”.
- ✓ Encourage children to drink water between meals to quench their thirst.
- ✓ Offer vegetables and fruit with low fat dip such as low fat salad dressing with raw veggies or yogurt as a dip for fruit.
- ✓ Cut vegetables and fruit in bite size pieces. Add a spoonful of orange juice to prevent browning on apples, bananas, and pears.



Canada's Food Guide includes many low cost, convenient snack choices

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

  
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