

## HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals 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.

### **Healthy snacks include foods from 2 of the 4 food groups from Canada's Food Guide:**

- ♦ Cut up vegetables or fruit and cheese or dip
- ♦ Crackers and cheese or hard cooked egg or tuna
- ♦ Trail mix
- ♦ Yogurt and fruit smoothies
- ♦ Muffins and cheese or fruit
- ♦ Whole grain cereal and milk
- ♦ Small sandwich

### **Tips for healthy snacking:**

- ♦ Be a role model for healthy eating.
- ♦ Purchase healthy, less processed, low sugar and lower fat foods. Children will eat what is available in the house.
- ♦ Limit high sugar snacks. These snacks produce a short burst of energy, but may leave children feeling tired and irritable, and less able to concentrate. The risk of tooth decay increases with the number of times that teeth are exposed to sugar.
- ♦ Sticky foods like crackers, raisins and granola bars cling to the teeth and are not easily cleared from the mouth. This increases the risk for tooth decay.

For more information contact:

- ♦ Your local Health Unit
- ♦ HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or [www.healthlinkbc.ca/healthyeating/](http://www.healthlinkbc.ca/healthyeating/)
- ♦ [www.dietitians.ca/](http://www.dietitians.ca/)
- ♦ [www.actnowbc.ca/](http://www.actnowbc.ca/)