

# BUYING SNACKS ON THE GO

## Tips to make wise food choices

A lot of snack choices (like chips, chocolate bars and others) are high in fat and sugar, and low in vitamins and nutrients. It's OK to enjoy chips and chocolate bars occasionally, but not every time you reach for a snack! Most vending machines, catering trucks and variety stores have lots of healthier snack options – try one of these tips the next time you're snacking on the run!

### **Smart Size It!**

Keep an eye on the portion size. A snack is meant to be a mini-meal to help your body get all of the essential nutrients needed throughout the day and should keep you feeling satisfied until the next meal. Choose snacks in smaller packages. Share larger packages with a friend or co-worker or save some for later.

### **Balance your snack!**

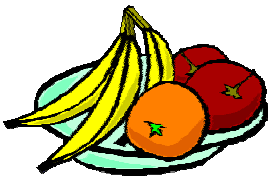
Choose a snack that has foods from at least two of the four food groups in Canada's Food Guide to Healthy Eating. An apple (Vegetables and Fruit) with a grain or uncoated cereal bar (Grain Products) or a low fat yogurt (Milk Products) with some sunflower seeds (Meat and Alternatives) are examples of healthy snacks.

### **Quench that thirst!**

Low fat milk (white or chocolate) and 100% pure fruit or vegetable juice provide more nutrients than pop and sugar sweetened drinks, fruit flavoured juice, coffee and tea. Don't forget to "smart size it" though.

### **Choose lower fat foods more often!**

Balance your snack choices with some lower fat options such as: vegetables and fruit (always a good choice), low fat milk products (skim, 1 or 2% milk or yogurts with 2% Milk Fat or less), baked chips, plain popcorn, fig bars, a handful of trail mix, or a fruit and cereal bar.






### **Choose fibre-rich foods more often!**

Many of the "on the go" foods can be low in fibre. Pick whole grain choices whenever you can. Vegetables and fruit are naturally low in fat and are packed with fibre and other nutrients. Adding a vegetable or fruit to your snack is also a great way to help you get the recommended 5-10 servings of vegetables and fruit that you need everyday!

### **Don't wait 'til it's too late!**

When you are overly hungry you may be more likely to grab a candy bar or a bag of chips. Plan ahead. Stock your desk, lunch bag or knapsack with some healthy snacks from home. A piece of fruit, cereal bars and trail mixes are all great portable choices.

# Buying snacks on the go! Tips to make wise food choices.

Choose less often	Choose more often
<p><b>Are you looking for something sweet?</b></p> <ul style="list-style-type: none"> <li>• chocolate bars, toffee or candy</li> <li>• cookies with cream fillings or chocolate</li> <li>• pastries, danishes, doughnuts or brownies</li> <li>• super sized muffins</li> <li>• ice cream</li> <li>• sweetened, fruit-flavoured roll-ups</li> </ul>	<p><b>Go for delicious <i>and</i> nutritious snacks.</b></p> <ul style="list-style-type: none"> <li>• nature squares or crispy rice squares</li> <li>• fig bars, graham crackers, digestive cookies</li> <li>• grain or cereal bars (uncoated)</li> <li>• low fat whole grain muffins (smart size it!)</li> <li>• low fat yogurt or frozen yogurt</li> <li>• fresh fruit, fruit salad, or dried fruit</li> </ul> 
<p><b>Are you looking for something salty?</b></p> <ul style="list-style-type: none"> <li>• potato chips or flavoured nacho chips</li> <li>• processed cheese slices or spreads</li> <li>• pepperettes (pepperoni sticks)</li> <li>• french fries</li> </ul>	<p><b>Try these healthier options.</b></p> <ul style="list-style-type: none"> <li>• baked chips or baked tortilla chips</li> <li>• cheese (low fat if possible) and crackers</li> <li>• almonds, peanuts or other nuts</li> <li>• pretzels</li> </ul>
<p><b>Are you looking for something crunchy?</b></p> <ul style="list-style-type: none"> <li>• flavoured cheese puffs or corn chips</li> <li>• caramel corn</li> <li>• peanut brittle</li> <li>• crackers (soda crackers or pastry types)</li> <li>• popcorn with butter and salt</li> </ul>	<p><b>Crunch on these healthy choices.</b></p> <ul style="list-style-type: none"> <li>• veggie sticks with a small amount of low fat dip</li> <li>• rice cakes</li> <li>• trail mix, sunflower seeds or roasted soy nuts</li> <li>• melba toast with peanut butter or hummus</li> <li>• air-popped popcorn with little or no butter or salt</li> </ul>
<p><b>Are you thirsty?</b></p> <ul style="list-style-type: none"> <li>• pop, diet pop</li> <li>• fruit-flavoured drinks or slushie</li> <li>• energy drinks containing caffeine</li> <li>• whole milk</li> <li>• specialty coffees/lattes made with cream, whipped cream, or homogenized milk</li> </ul> 	<p><b>Quench that thirst with less sugar and fat.</b></p> <ul style="list-style-type: none"> <li>• water</li> <li>• 100% fruit juice</li> <li>• vegetable juice</li> <li>• low fat smoothie made with real fruit</li> <li>• 2%, 1% and skim milk including chocolate milk</li> </ul> 

**Choose unsalted choices whenever possible.**

**Speak up!**  
 Healthier options are on the rise.  
 So, tell your snack provider or employer what you'd rather purchase today!

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**For more information, call the Region of Peel Public Health department at 905-799-7700 (Caledon residents call free of charge at 905-584-2216) and ask to speak to a Registered Dietitian. Visit [peelregion.ca](http://peelregion.ca) or [accountforhealth.ca](http://accountforhealth.ca)**