

Winning Snacks for Active Children

Here are some ideas for quick and healthy game snacks:

- Water
- Fresh fruit
- Fruit kabobs. Try adding cheese by alternating fruit of your choice and low-fat cheese cubes
- Vegetable sticks or pieces
- Yogurt tubes or containers (plain or flavoured)
- Skim or 1% white or chocolate milk
- 100% fruit juice popsicles
- Granola bars or fruit bars that are high in fibre and low in fat
- Whole grain crackers with cheese slices or cheese string
- Hummus and mini whole wheat pita or bread sticks
- Unsweetened applesauce or apple blend
- Low-fat pudding made with milk
- Homemade trail mix. Try it with a variety of whole grain cereals and dried fruit.
- Mini muffins. Homemade muffins are easy and delicious. Low-fat banana or blueberry muffins work great

Did You Know

Sports drinks contain up to 10 teaspoons of added sugar!

Sports drinks are high in added sugar and are not the best drink for rehydration. When looking for a drink after activity, choose water, low-fat white or chocolate milk or 100% fruit juice.

Check out the **Healthy Snack Checklist** for ideas on how to spice up your water.



Healthy Snack Checklist

Before you pack snacks for your kids and the team, review this list.

- **Nutritious** – try vegetables, fruit, whole grains, lower fat milk and alternatives, and lean meats and alternatives.
- **Water** – is the best thirst quencher. Spice up your water by adding some fruit slices for flavour.
- **Food safety** – prepare the food on clean surfaces with clean hands and utensils, pack in a tight container, use ice packs, and insulate to keep cold foods cold.
- **Food allergies reported to the coach** – please avoid the following foods/ingredients: _____.



Adapted from a resource produced by the City of Hamilton Public Health Services. Distributed by Peel Public Health.

Visit www.eatrightontario.ca for more healthy eating information.

 **Region of Peel**
Working for you
Public Health