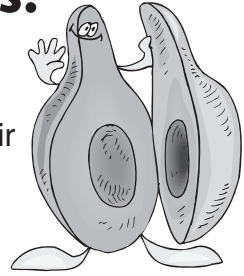


Do you need new snack ideas?

Young children have small stomachs and high energy needs. They need to eat small amounts of food throughout the day. As a parent, you can help children meet their energy needs by providing them with snacks between meals. It is important to offer children healthy snacks as they contribute significantly to their daily nutrition.



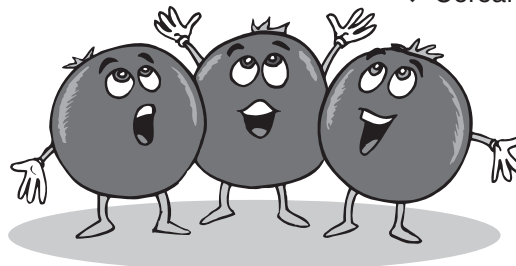
A healthy snack should include one serving from at least two of the four food groups (Canada's Food Guide to Healthy Eating)

Tip



Try cutting vegetables into different shapes and give them fun names.

- carrot coins
- cucumber wheels
- pepper pieces
- broccoli trees
- cherry tomatoes



Nutritious snack ideas

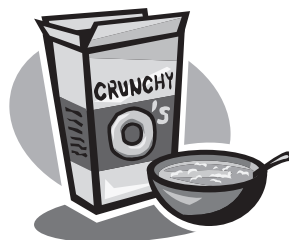


- ❖ Grapes and cheese
- ❖ Pita triangles and hummus
- ❖ Trail mix and milk
- ❖ Rice cakes with peanut butter
- ❖ Apple sail boats (apple with cheese)
- ❖ Muffin and milk
- ❖ Hard boiled egg and melba toast
- ❖ Veggies with dip and milk
- ❖ Fruit smoothie (banana, yogurt, milk)
- ❖ Yogurt topped with fruit
- ❖ Mini pizzas (English muffins or crackers)
- ❖ Popcorn (older children) and fruit juice
- ❖ Cereal and milk

How to choose the ideal cereal

Look for a cereal that is:

- high in fibre (4 grams/serving or more) and
- low in sugar (less than 5 grams/serving)

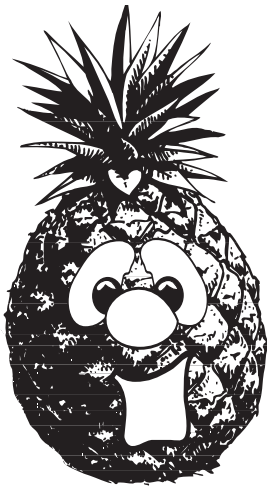


My kid's favourite cereal is high in sugar? Is that OK?

It can be. If you are concerned about sugar, mix a high-fibre, low-sugar cereal with your child's favourite cereal. What is important is that your child brushes their teeth afterwards. Milk also has a protective effect on teeth.

Nutritious snack ideas continued...

- ❖ Tomato juice and sesame bread sticks
- ❖ Melon wedges and rice crackers
- ❖ Bagel with cream cheese and apple slices
- ❖ Fruit platter and yogurt dip
- ❖ Jell-O with fruit and milk



- ❖ Cinnamon toast and milk
- ❖ Whole wheat crackers with tuna spread
- ❖ Bread sticks and salmon dip
- ❖ Cottage cheese and pineapple chunks
- ❖ Banana slices in milk
- ❖ Oatmeal and orange wedges
- ❖ Yogurt popsicles and fruit juice
- ❖ Rice pudding and fruit juice

Does that mean we can't serve bagels with butter as a snack?

You can still serve bagels with butter as a snack BUT you need to serve it with another food.

For example:

- bagel (grain product)
- butter (other food)

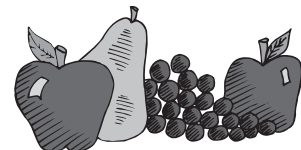
Served with

- orange juice (vegetable and fruit) OR
- milk (milk products) OR
- banana slices (vegetable and fruit) OR
- any vegetable, fruit, milk product or meat and alternative.



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Peel

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Adapted from materials produced by the Kingston, Frontenac and Lennox & Addington Health Unit