

What did you eat for a snack today?

Snacks can be part of a healthy lifestyle, especially when our snack choices are based on Canada's Food Guide. Unfortunately more than 40 percent of Canadian's daily calories come from snacks falling outside of Canada's Food Guide's four food groups. Some examples of these foods include chips, cookies, chocolate bars, doughnuts, and store-bought muffins. Having these foods available at home, at work, or when we are on-the-go, can make it difficult to choose a healthy snack.

Write down examples of a healthy snack, including two of the four food groups that you can enjoy every day: _____



- 1 Eat a healthy breakfast every day
- 2 **Re-think your snack**
- 3 Be active every day
- 4 Choose water
- 5 Enjoy more vegetables and fruit
- 6 Make meals at home
- 7 Breastfeed babies
- 8 Watch less TV

A healthy snack including two of the four food groups is the Motiv8 way to snack!

For more information visit www.eatwellgetfitlivelife.ca



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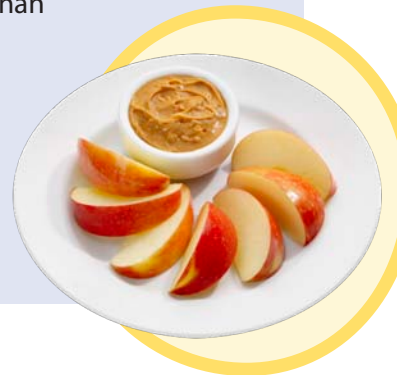
Re-Think Your Snack



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Some tips to help you re-think your snack:

- **Plan Ahead.** When we are in a hurry, we often choose less healthy snacks for convenience. Stock your cupboards, fridge, and desk drawer with a variety of healthy snack foods such as fresh, frozen, or canned fruit, cut-up fresh vegetables, whole grain breads and crackers, yogurt, cottage cheese, and trail mix made with nuts and dried fruit.
- **Snacks are mini-meals.** Portion size is important when it comes to snacks. That's why we should choose two of the four food groups from Eating Well With Canada's Food Guide when planning a snack.
- **How many snacks per day?** Snacks, even healthy snacks, should be limited to no more than three per day.
- **Include some fibre and protein in your snack.** This will help keep your energy levels up until your next meal.



Try these quick and easy snack ideas that include two of the four food groups:

- ½ cup (125 mL) celery and carrot sticks with a ¼ cup (50 mL) hummus
- 6 to 7 whole grain crackers topped with a ¼ cup (50 mL) tuna or salmon or a slice of cheese
- ¼ cup (50 mL) unsalted nuts and 1 cup of vegetable juice
- ½ cup (125 mL) fresh, frozen or canned fruit with ¾ cup (175 mL) vanilla yogurt or 1 cup (250 mL) cottage cheese
- Trail mix, made with ¼ cup (50 mL) whole grain cereal, 2 tbsp (30 mL) nuts and 2 tbsp (30 mL) dried fruit
- 1 medium apple or ½ cup (125 mL) celery with 2 tbsp (30 mL) of peanut or nut butter

So why should we choose a healthy snack? Healthy snacks help you meet your daily nutrient needs, boost your energy, and prevent hunger and food cravings which can help you reach and keep a healthy weight.

Do you need a snack? Not everyone needs to snack. Listen to your body and its hunger cues. If you are hungry, eat a snack until you are satisfied not full. A good rule to follow is if your meals are more than four hours apart or if you are very hungry going into your next meal; it would be a good idea to have a snack. Snacks help us fill the gap between meals so we do not overeat at our next meal.

