

SnackMaster

Kids have tiny tummies. Healthy snacks can help give them the nutrition and energy they need to learn and play.

Adults decide when and where snack time will be, and what foods to offer:

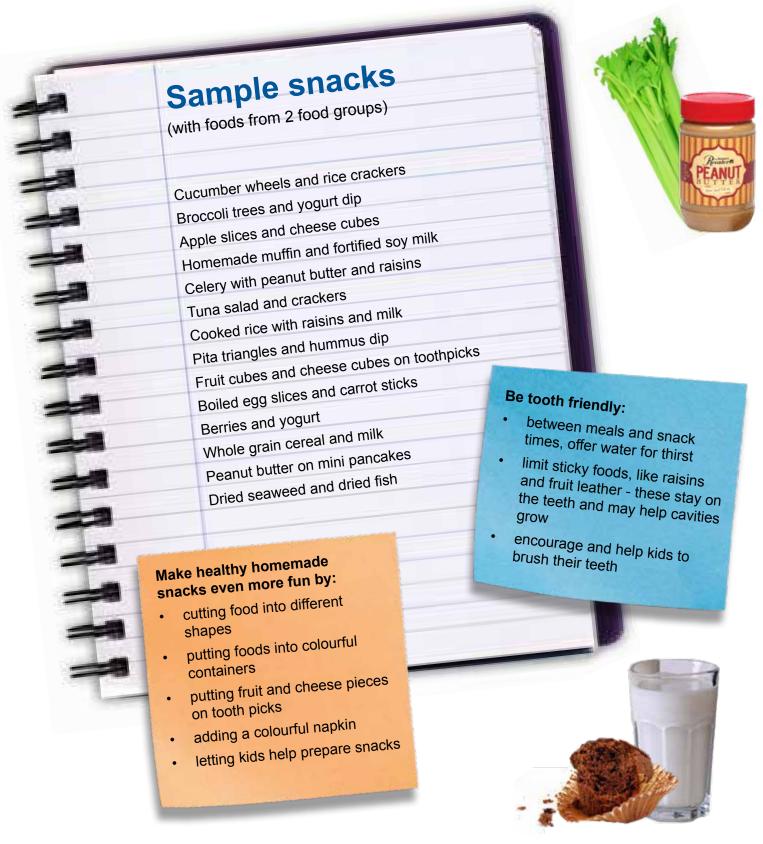
Developed by Population Health Registered Dietitians

- Aim for regular, planned, sit-down snacks together with other kids and adults.
- Offer 2 3 snacks per day, between meal times. Avoid letting kids nibble all day.
- For a nutritious snack, include foods from at least two food groups from Canada's Food Guide.

Kids decide how much to eat from the foods you offer, if they choose to eat at all.

Let kids help you plan snacks. Mix and match from the lists below to create snacks from at least two food groups. See how many fun combinations you can come up with!

Vegetables and Fruit		Grain Products	Milk & Alternatives	Meat & Alternatives
Carrot sticks	Apple slices	Whole grain bread	Milk	Hard-boiled egg
Red, yellow or	Orange pieces	Mini bagel	Yogurt	Lean deli meat
orange peppers	Berries	Tortilla	Cheese strings,	Hummus
Cucumbers	Applesauce	Mini pita	cubes or slices	Tuna salad
Cherry tomatoes	(unsweetened)	Whole-grain	Cottage cheese	Dried salmon
Broccoli florets	Banana	crackers	Fortified soy	Nuts
Dried seaweed	Peach	Mini muffin	beverage	Peanut butter
Cauliflower	Plum	Whole-grain cereal		
Celery sticks	Kiwi slices	Mini pancakes		
Jicama sticks	Grapes			
Avocado	Pear halves			
Peas	Melon chunks		1	
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To speak with a Registered Dietitian at HealthLinkBC, call 811 (or 604-215-8110).

