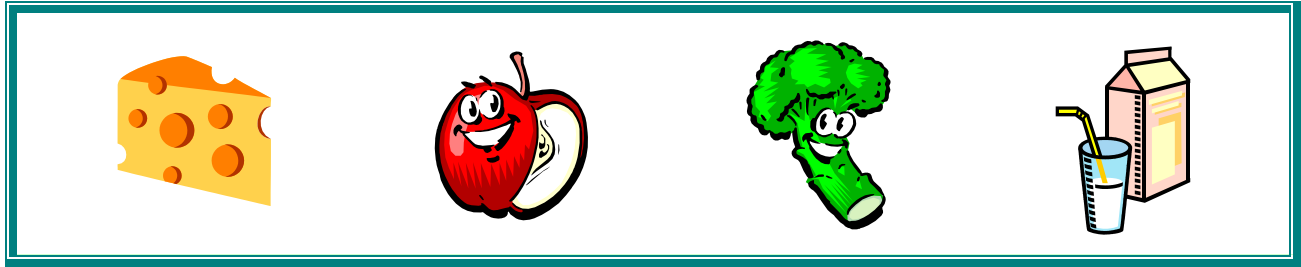


# HEALTHY SNACK GUIDE

For Pre-School (3 yrs and up) and School-Age Children



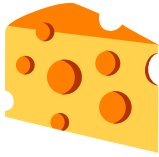
*Please post on fridge to use as a guide when choosing snacks and/or lunch ideas*

**REMEMBER:** Brushing teeth twice daily with a pea-size amount of fluoride toothpaste helps prevent tooth decay.

- 1. Choose Nutritious Snacks Daily**
  - ◆ from at least two of the four food groups
  - ◆ with nutrients like calcium, fibre, and iron
  - ◆ low in calories, fat, sugar, and salt
  
- 2. Choose a Variety of Snacks**
  - ◆ fresh is best
  - ◆ limit dried foods
  
- 3. Limit Foods that Cling to Teeth**
  - ◆ eat at meal time
  - ◆ pair sugary/starchy foods with fresh fruits, vegetables or cheese (foods containing starch also cause tooth decay)
  - ◆ brush your teeth or rinse with water or finish with cheese
  
- 4. Limit the Number of Snacks (3 meals plus 2 snacks/day)**
  - ◆ avoid nibbling all day to cut down on acid attacks to teeth
  - ◆ drink plain water instead of fruit drinks, pop or juice between meals

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## On Their Own Snacks

- ◆ Lean meat, fish, poultry
- ◆ Fresh Fruits
- ◆ Raw Vegetables
- ◆ Individual Yogurts
- ◆ Sunflower & Pumpkin Seeds
- ◆ Pita Bread
- ◆ Popcorn
- ◆ Unsweetened Apple Sauce
- ◆ Unsweetened Fruit Packs & Fruit Cups
- ◆ Cheese & Cheese Strings
- ◆ Yogurt Drink
- ◆ Yogurt Tubes
- ◆ Milk Pudding
- ◆ High Fiber Cereals
- ◆ Hard Boiled Egg
- ◆ Whole Wheat Bagel
- ◆ Whole Wheat Crackers

## Combination Snacks

- ◆ Celery & Cheese
- ◆ Celery & Peanut Butter
- ◆ Burritos
- ◆ Lean Meat or Vegetarian Pizza
- ◆ Vegetables & Yogurt Dip
- ◆ Whole Wheat Bagels & Peanut Butter
- ◆ Sandwiches on Whole Wheat Bread
- ◆ No salt Trail Mix
- ◆ Raisin Bran Muffin
- ◆ Whole Wheat Crackers & Cheese
- ◆ Yogurt & Fresh Fruit

Refer to Health Canada Food Guide: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)