

HEALTHY SNACKS

Snacks are part of healthy eating for children. Offer 2-3 healthy snacks a day as well as 3 meals to provide the nutrients and energy children need to learn and grow. Allowing a child to snack all day long increases the risk for tooth decay.

Healthy snacks include foods from 2 of the 4 food groups from Canada's Food Guide:

- ◆ Cut up vegetables or fruit and cheese or dip
- ◆ Crackers and cheese or hard cooked egg or tuna
- ◆ Trail mix
- ◆ Yogurt and fruit smoothie
- ◆ Muffin and cheese or fruit
- ◆ Whole grain cereal and milk
- ◆ Sandwich

Tips for healthy snacking:

- ◆ Be a role model for healthy eating.
- ◆ Buy healthy snacks that are less processed. Choose foods that are lower in sugar, salt and fat. Children will eat what is available in the house.
- ◆ Limit high sugar snacks. These snacks produce a short burst of energy, but may leave children feeling tired and irritable, and less able to concentrate. Sugary snacks also increase the risk of tooth decay.
- ◆ Sticky foods like crackers, raisins and granola bars cling to the teeth and increase the risk of tooth decay. Rinse with water after these snacks.

For more information:

- ◆ Your local Island Health Public Health Unit: www.viha.ca/locations/health_units.htm
- ◆ Call HealthLinkBC at 8-1-1 and ask to speak to a Registered Dietitian or visit www.healthlinkbc.ca/healthyeating/
- ◆ Dietitians of Canada: www.dietitians.ca/
- ◆ Healthy Families BC: www.healthyfamiliesbc.ca/