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## Smart Snacking Tips

### What is a Healthy Snack?

Healthy snacks include foods from at least 2 of the 4 food groups.

#### Vegetables and Fruit

Raw or cooked vegetable and fruit pieces, unsweetened fruit or vegetable juices



#### Grain Products

Whole grain breads, pitas, crackers, bagels, roti, muffins, cereals, other grains



#### Milk and Alternatives

Fluid milk, soy milk, yogurt, cheese, cottage cheese



#### Meat and Alternatives

Legumes, tofu, nut butters, eggs, fish, poultry, lean meats

Children have small stomachs and their nutrient needs are high. Children need 3 meals and 2 - 3 healthy snacks throughout the day in order to meet their growth and development needs.

Snacks should be offered at routine times every day. Having a snack at least 2 hours before a meal allows enough time for children to build up an appetite for the next meal.

Include children in preparing and choosing a variety of snack foods that you can enjoy together. Children learn by example so model healthy snacking with them!

Some nutritious foods like avocado and cheese are high in fat. Children need fat in their diet and there is no need to restrict these foods. Use Canada's Food Guide to plan healthy snacks.

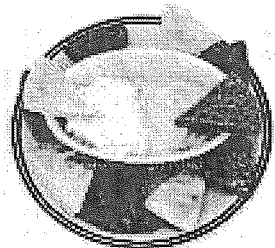
'Eating Well with Canada's Food Guide' has specific recommendations for Children ages 2 to 13 years.

Contact your local health unit for your copy or visit: [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

## Anytime Snack Ideas:

- Yogurt with fresh fruit
- Cheese or cottage cheese and whole grain crackers
- Fresh fruit and a glass of milk
- Raw veggies with yogurt dip
- Hard cooked egg and toast
- Meat slices on a whole grain bread or bun
- Unsweetened fruit or vegetable juice with a muffin
- Hummus with whole wheat pita or raw vegetables

Look for recipes that contain milk or alternatives, whole grains, nut butters and/or grated, pureed or mashed fruit and vegetables.



### **Hummus**

1 can or 19 oz. of chickpeas – rinsed and drained

2 Tbsp tahini (sesame seed paste) or yogurt

3 Tbsp lemon juice

½ tsp salt

2 large cloves garlic

1 green onion

¼ cup of boiling water

- Blend chickpeas, tahini, lemon juice, salt, garlic, white part of the onion and water in a food processor until smooth
- Chop the green part of the green onion and use it as a garnish or mix in

Serve as a dip with raw veggies and/or pita bread, or as a protein-rich spread in sandwiches.

## Choking Precautions:

Supervise children whenever they eat or drink and always sit down and share the time and food together. Some ways to help prevent choking in *small* children are:

- Soften hard vegetables by cooking them slightly
- Grate vegetables such as carrots
- Chop fruit into small pieces (even grapes), and be sure to remove large seeds or pits
- Cut hot dogs in half lengthwise
- Spread nut butters *thinly* on toast or crackers
- Avoid hard or sticky foods like nuts, seeds, popcorn, hard candies, gum.

### **Banana Pinwheel Wrap**

1- 8 inch whole wheat tortilla or wrap

2 Tbsp peanut butter or pea butter

1-2 Tbsp of jam or jelly

1 small banana, peeled

- Place tortilla on paper towel and microwave for 10 seconds until soft and warm
- Spread with peanut butter, then with jam or jelly
- Place banana near edge of tortilla, roll up the bottom fourth of the tortilla, bring the right edge over the banana and roll up. Slice into pinwheels

Try different flavour wraps with different filling such as: herb and garlic cream cheese and veggies on a pesto wrap, or beans, salsa and shredded cheese in a roasted red pepper wrap, or even hummus and grated carrot in a plain wrap.

*If you have questions about your child's nutrition, please contact a Public Health Nurse at your local health unit, or call Dietitian Services at HealthLink BC (formerly Dial-A-Dietitian) at 8-1-1 and ask to speak to a Registered Dietitian.*

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[www.fraserhealth.ca](http://www.fraserhealth.ca) and SEARCH the word "Nutrition"