# a guide to smart snacking

Over the years the snacking habits and pattern of Canadians has shifted to meet the needs of our increasingly busy schedules. Snacking can be an important part of a healthy diet and can help you meet your recommended daily nutrient needs. Here are some tips and ideas to help you (and your family) snack smarter:

## balance of fibre, protein & healthy fats

Choose snacks containing these nutrients to keep you satisfied and energized until your next meal. Some great options include brown rice cakes with nut butter; raw veggies and hummus; or a piece (50 g) of lower fat cheese (less than 20% m.f.) and whole-grain crackers.

#### plan ahead

Pack portioned, non-perishable snacks with you when you're on-the-go so you aren't tempted by less than ideal snack choices in the vending machine. This way you're guaranteed to always have an option that you can enjoy & feel good about eating. Some ideas to try are a handful of unsalted nuts and an apple or wholegrain crackers and a packet of peanut butter.

#### savour the flavour

Take time to slow down and enjoy your snack. It's important to recognize your internal hunger signals when snacking, pay attention to notice when you feel full and satisfied. Plus, taking 10 minutes out of your day to enjoy food mindfully can be a way to relax and recharge.

### there's no wrong snack time

You may be a mid-morning or mid-afternoon snacker, what's most important is to consider how snacking fits best into your daily routine. This means paying attention to your hunger cues, snack when you're hungry not when you're bored, tired or stressed.

## don't forget to hydrate

Thirst can sometimes be mistaken for hunger, so drink water continuously throughout the day since hydration plays a key role in how you feel and function. Certain fruits like cantaloupe and berries or vegetables like cucumber and celery also have high water content and can be a hydrating and tasty snack.

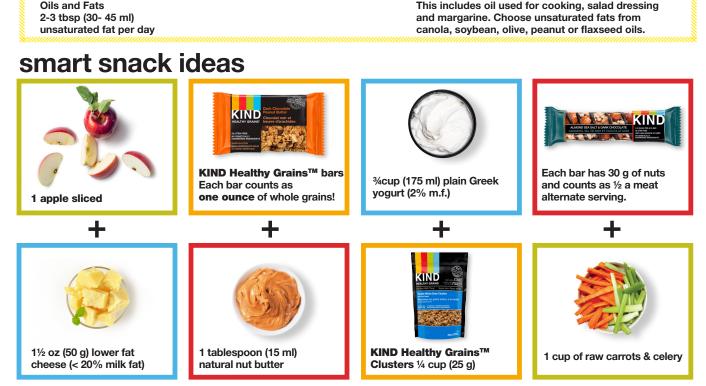


#### build snacks with

#### Eating Well with Canada's Food Guide

Enjoying snacks throughout the day can help satisfy your hunger, provide you with important nutrients and keep you energized. When choosing snacks, consider foods from the recommended food groups in Canada's Food Guide, this will help you eat a balanced diet throughout the day. Refer to the Food Group Snacking Guide below suggested servings and nutrient dense options. For more detailed serving ideas and amounts visit Eating Well with Canada's Food Guide.

FOOD GROUP AND RECOMMENDED WHAT IS A SERVING? **TIPS AND IDEAS SERVINGS PER DAY\*** 1/2 cup (125 ml) or 1 medium Vegetables and Fruit whole fruit or vegetable, 1 cup and fruit. Try berries, melon, orange, carrots, broccoli, red pepper, or spinach. (250 ml) leafy vegetables. 1 slice bread, ½ bagel, tortilla or Make at least half your grains whole grain. pita, ½ cup (125 ml) rice, pasta, **Grain Products** sodium and trans fat free products. Try a whole barley, quinoa, approximately 5-6 whole grain crackers, 2 cups grain bagel or crackers, air popped popcorn or granola bars made with whole grains. (250 ml) of air popped popcorn. Choose lower fat options, aim for skim or 2% milk fat. Look for cheese that is 20% milk fat 1 cup (250 ml) milk or fortified soy Milk and Alternatives beverage, ¾ cup (175 ml) yogurt or or less. Try plain or unsweetened varieties of kefir, 11/2 oz (50 g) of low fat cheese. dairy products to keep added sugar low. Always check nutrition facts table for 2½ oz (75 g) meat, fish or poultry, products prepared with less sodium and fat. 1/4 cup (60 ml) unsalted nuts or **Meat and Alternatives** For healthy fats and fibre choose legumes, 2-3 seeds, 2 eggs, 2 tbsp (30 ml) of tofu, nuts and seeds more often. Enjoy small nut butter, 3/4 cup (175 ml) beans. servings of nuts, seeds and nut butter.



<sup>\*</sup> The recommended daily number of servings for adults aged 18 - 50, when a range is provided women should aim for the lower end, while men may need a little more. Seek the advice of a Registered Dietitian to determine what is right for you.

