

# 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.<sup>1</sup> 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:

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## 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.

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## 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.

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## 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.

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## 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.

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## 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<sup>2</sup>

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 SERVINGS PER DAY*	WHAT IS A SERVING?	TIPS AND IDEAS
Vegetables and Fruit 7-10	½ cup (125 ml) or 1 medium whole fruit or vegetable, 1 cup (250 ml) leafy vegetables.	Focus on colourful, fresh, or frozen vegetables and fruit. Try berries, melon, orange, carrots, broccoli, red pepper, or spinach.
Grain Products 6-8	1 slice bread, ½ bagel, tortilla or pita, ½ cup (125 ml) rice, pasta, barley, quinoa, approximately 5-6 whole grain crackers, 2 cups (250 ml) of air popped popcorn.	Make at least half your grains whole grain. Compare food labels to find lower sugar, lower sodium and trans fat free products. Try a whole grain bagel or crackers, air popped popcorn or granola bars made with whole grains.
Milk and Alternatives 2	1 cup (250 ml) milk or fortified soy beverage, ¾ cup (175 ml) yogurt or kefir, 1½ oz (50 g) of low fat cheese.	Choose lower fat options, aim for skim or 2% milk fat. Look for cheese that is 20% milk fat or less. Try plain or unsweetened varieties of dairy products to keep added sugar low.
Meat and Alternatives 2-3	2½ oz (75 g) meat, fish or poultry, ¼ cup (60 ml) unsalted nuts or seeds, 2 eggs, 2 tbsp (30 ml) of nut butter, ¾ cup (175 ml) beans.	Always check nutrition facts table for products prepared with less sodium and fat. For healthy fats and fibre choose legumes, tofu, nuts and seeds more often. Enjoy small servings of nuts, seeds and nut butter.
Oils and Fats 2-3 tbsp (30- 45 ml) unsaturated fat per day	This includes oil used for cooking, salad dressing and margarine. Choose unsaturated fats from canola, soybean, olive, peanut or flaxseed oils.	

## smart snack ideas

 <p><b>1 apple sliced</b></p>	+	 <p><b>KIND Healthy Grains™ bars</b> Each bar counts as <b>one ounce</b> of whole grains!</p>	+	 <p><b>¾ cup (175 ml) plain Greek yogurt (2% m.f.)</b></p>	+	 <p>Each bar has 30 g of nuts and counts as ½ a meat alternate serving.</p>
 <p><b>1½ oz (50 g) lower fat cheese (&lt; 20% milk fat)</b></p>	+	 <p><b>1 tablespoon (15 ml) natural nut butter</b></p>	+	 <p><b>KIND Healthy Grains™ Clusters ¼ cup (25 g)</b></p>	+	 <p><b>1 cup of raw carrots &amp; celery</b></p>

\* 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.

<sup>2</sup> Eating Well with Canada's Food Guide: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php> (accessed Feb 27 2017)  
Smart Snacking: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/snacks-collations-eng.php> (accessed Feb 27 2017)

