

# SNACK ATTACK!

## KEEP IT HEALTHY!

**Snacking is on the rise, with structured meals on the decline. Eating together as a family is becoming less common. Canadians love their snacking more than Americans.<sup>1</sup>**

Our daily snacking habits can add up to 24 % of the day's calories – as many as a full lunch should be!

If you're not careful, snack foods can be calorie-dense and nutrient-poor. Buying ready-made, so-called 'convenience' snacks can lead to eating unwanted and unintentional fat, sugar, calories and salt.

To better meet the recommendations from Canada's Food Guide, you can start by eating healthier snacks that are lower in fat, sugar, salt and calories – and you can include more fruit, vegetables, whole grains and dairy products.

<sup>1</sup> Health Canada, Canadian Consumer Health Survey (CCHS) 2006



Snacking can be good for you, as long as you're making smart choices.



## HOW TO MAKE YOUR SNACKS HEALTHIER:

Snacks are snacks and meals are meals. Your meals should be planned and have at least three of the four food groups. They are meant to nourish your body to keep you healthy.

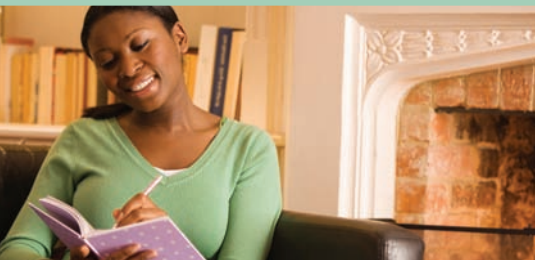
**PLANNING:** A snack should also be planned, but should be much smaller than a meal – not only in quantity but in calories. Snacks should contain at least 2 of the 4 food groups.

**TIMING:** Have two to three snacks per day; aim to have one within 90 minutes of your next meal. This will help you be less hungry at meal times, and allow you to choose healthier options throughout the day.

**PORTIONS:** Snacks should be between 100 to 150 calories; read labels and pay attention to portion sizes.

**BALANCING:** If you have to indulge, try limiting it to only 1 snack per day of 'less-healthy' foods. Your other snacks should be healthy food options that combine a protein source with a fruit or a vegetable or a grain (at least 2 of the 4 food groups.)

**JOURNALING:** Keeping track of the foods and beverages you eat in one day can help you eat healthier. You'll be less likely to stray if you write it down. To help you with journaling, see our website at [www.chicken.ca](http://www.chicken.ca) for free downloads of meal and snack & beverage journal sheets.



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CCHS STATISTICS <sup>2</sup>	WHAT WE EAT	RECOMMENDATIONS
we eat too much fat	35%+	less than 30%
we don't eat enough fruit & vegetables	less than 5 servings/day	7 to 10 servings/day
we don't eat enough dairy	less than 2 servings/day	at least 2 servings/day
we don't eat enough fibre	less than 14 grams per day	at least 25 grams per day

<sup>2</sup> Health Canada - Canadian Community Health Surveys (CCHS) 2006

## HERE ARE SOME HEALTHY SNACK IDEAS FOR WORK, HOME AND PLAY:

Healthier snack options to bring with you to work or school – Try to always include a protein.

Healthier snack options to keep in your desk drawer, your school bag, or your gym bag – Prepare these at home and pack them in advance:

- Single servings of nuts & seeds
- Dried fruit such as apricots, raisins, or apple slices
- Single portions of trail mix
- Single servings of fruits such as apple sauce, mandarin oranges
- Small, fresh fruits like apples or bananas
- Whole-grain pretzels &/or crackers

Healthier snack options at home:

- Salad with light dressing; toss in a few nuts, some chicken, or some shredded cheese
- Tomato slices with crumbled feta and balsamic vinegar
- Whole grain toast with hummus or peanut butter
- Small smoothie with yogurt, a splash of juice and frozen fruit
- Popcorn snack bag of less than 150 calories
- Sliced apple with a drizzle of caramel and 1 Tbsp crushed nuts

Keep it healthy when you're on the go – Pack in advance:

- Bring bottled water
- Pack small sandwich bags with orange slices, pretzels and nut mix
- Try some trail mix with added dried fruit
- Have some whole fruit with a handful of nuts on hand
- You could also try crackers and bite-size cheese squares