



## Quick and Healthy Snack Ideas

You know it's time for a snack when you get hungry mid-morning or mid-afternoon. Snacks keep you energized throughout the day. Eating a small snack between meals can help you to feel satisfied and prevent overeating at your next meal. Skip the vending machine or coffee shop and give these delicious ideas a try.

### Five fun snack ideas for veggies & dip

We all know vegetables are good for us, but sometimes it's hard to eat enough vegetables at meals alone. Including vegetables in your snacks is a great way to boost your intake. Keep washed and chopped veggies in your fridge so that they are ready for grab-and-go snacks.

If you find it difficult to eat plain vegetables, try pairing them with a dip once in a while. Switch up your dip to keep it interesting.

Red peppers and tzatziki	Carrot sticks and salsa	Grape tomatoes and hummus	Celery and peanut butter	Cucumber and yogurt
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### Five tasty snacks with fruit

Fruit makes a great snack at any time of day. It is easy to prepare, refreshingly sweet and perfect for when you are on the go. If you are looking for other snack options beyond plain fruit, try some of these ideas:

Yogurt and fruit, like this <a href="#">Yogurt Banana Split</a>	Blend some frozen fruit with vanilla yogurt	Unsweetened applesauce topped with sliced almonds and cinnamon	Grapes with a handful of walnuts	<a href="#">Peanut Butter and Fruit Poutine</a>
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## Five fab whole grain snack ideas

Meet [Canada's Food Guide](#) recommendation of choosing [whole grain foods](#) with these ideas.

Plain popcorn	Whole grain cereal, milk and fruit	Whole wheat tortillas with a dip such as <u>dahl</u> .	Whole grain melba toast or crackers with canned tuna or salmon	Melted cheese on a whole grain English muffin
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## Five snack ideas for when you're on the go

Save money by keeping snacks on-hand at work, in the car or in your bag.

Fruit: apples, oranges, bananas, plums, pears, grapes or fruit cups	Homemade trail mix made	Higher fibre <u>granola bars</u>	Whole grain melba toast or crackers with canned tuna or salmon	Melted cheese on a whole grain English muffin
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## Did you know?

Snacking can help prevent overeating at mealtimes by satisfying your hunger so you're not starving by the time of your next meal. The best types of snacks are those that have protein and/or fibre. See this chart below for a few choices.

Snacks with protein	Snacks with fibre
Yogurt	Fruit with the peel on
Milk, fortified plant-based beverage	Vegetables
Hard boiled eggs	Hummus dip
Hummus dip	Whole grain granola or cereal bars
<u>Bean salads</u>	Whole grain cereal
<u>Dahl</u>	<u>Dahl</u>
<u>Nuts and seeds</u>	Nuts and seeds
Edamame	Oatmeal