

# UNLOCK THE POTENTIAL OF FOOD

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## THE POTENTIAL TO FUEL

### Stay energized by planning nutritious snacks into your day.

Nutrition Month 2018 features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit [NutritionMonth2018.ca](http://NutritionMonth2018.ca)

Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 per cent of Canadians say they snack to stay fuelled in a busy day. This Nutrition Month, dietitians want to remind you of the power of snacking to stay fuelled all day long.

## FIVE TIPS FOR HEALTHY SNACKS

Snacks are foods or drinks that are consumed between meals. When you're on-the run during a busy day, think of snacks as mini-meals that offer some nutritional value and an energy boost. Examples are an apple with peanut butter or cheese with crackers. These are different than treats, such as cookies, chocolate and chips, which are not as nourishing as snacks. Choosing healthy snacks can be a great way to get all the nutrients your body needs each day. **Here are five helpful snacking tips:**

- 1. Plan ahead.** Keep a variety of healthy, ready-to-eat snacks on hand for when you get hungry, like cut up veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.
- 2. Be aware of portion sizes.** Instead of snacking from a large bag or box, take



DIETITIAN PRO TIP

**Diana Steele RD**  
Vancouver, BC

Fueling your body with healthy snacks between meals can help maintain stable blood sugar levels and lead to more consistent energy throughout the day. Snacks can also curb your appetite and prevent overeating at meals. I have an afternoon snack every day. I always include a fruit or vegetable and a source of protein to anchor my energy. Some of my favorite snacks include: blueberries with Greek yogurt and walnuts, or apple slices with peanut butter and bran cereal.

## TRY THIS!



**Eggplant dip**



**Sweet and salty salsa with feta**



**Balsamic, chic avocado toast**

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a portion and put it on a plate or bowl.

- 3. Listen to your hunger cues.** Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
- 4. Skip distracted snacking!** Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
- 5. Snack on vegetables!** About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to your day.

## HEALTHY SNACK IDEAS

We asked dietitians about their favourite snacks. They recommend looking for snacks with some protein and fibre. Here are 11 great ideas!

1. Carrots and peppers with hummus
2. Almond butter on banana slices
3. Greek yogurt topped with berries
4. Whole grain toast with peanut butter
5. Cheddar cheese and apple slices
6. Small handful of trail mix made with nuts, seeds and raisins\*
7. Roasted chickpeas and popcorn mix\*
8. Whole grain cereal with milk
9. Sliced vegetables with yogurt dip
10. Tuna on crackers
11. Whole grain toast with avocado and sesame seeds

\*Great to keep in your bag, car or desk drawer

## WANT TO UNLOCK THE POTENTIAL OF FOOD?

### TALK TO A DIETITIAN!

Dietitians are passionate about the potential of food to enhance lives and improve health. We will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

Find a dietitian at [www.dietitians.ca/find](http://www.dietitians.ca/find).

Find all 5 fact sheets at [www.NutritionMonth2018.ca](http://www.NutritionMonth2018.ca)

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