

Healthy Measures: Snack attack...in a healthier way

Is 'snacking' good for your health? Research shows, eating three small meals and a couple of snacks throughout the day, is better for our health than eating three large meals alone. Snacking provides energy, prevents cravings and overeating at the next meal and it helps control body weight.

Although snacking is beneficial to our health, the goal is to choose healthy snacks. However, there are endless convenient snack options available that are high in fat, sugar and calories. These foods can contribute to weight gain and the risk of diseases such as heart disease, cancer and type 2 diabetes.

Keep in mind that a snack is like a mini-meal. It is meant to tide you over until the next time you eat. Watching your snack food portion sizes is important; otherwise, a snack can easily become a meal.

Tips for healthy snacking:

- Include a snack that contains foods from one or two of the four food groups in [Eating Well with Canada's Food Guide](#)
- Include snacks that contain dietary fibre, such as unsalted nuts and vegetable sticks, which can keep you full longer
- Try to include fresh and frozen fruits and low-fat milk or yogurt as snacks, instead of foods with minimal nutritional value, such as potato chips, chocolate, candies and pop
- Go for healthier munchies, like plain air-popped popcorn instead of buttery popcorn, potato chips and cheese puffs
- Try whole grain crackers with salsa, hummus or low-fat cheese instead of donuts and muffins
- Keep healthy snacks within reach and sight

For more information about keeping your snack portion sizes in control, visit the following nutrition resources:

[Nutrition Matters: Put an End to Portion Distortion](#)

[Eat Right Ontario: 15 smart snacks for active lifestyles](#)

[Heart & Stroke Foundation of Canada: Snacking](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!