

## Snack Attack!

Everybody snacks! Snack attacks are common for kids who need lots of energy from food to keep them going all day long. Children also have smaller stomachs, which mean they need to fill up more frequently. Snacks prevent kids from getting too tired and hungry between meals.

It's OK for kids to eat less healthy snacks occasionally, but many convenience foods (e.g., cookies, fruit snacks, chips) contain too much fat, salt or sugar to be eaten as everyday snacks. Children who fill up on these foods are missing the nutrition benefits of fruits, vegetables, whole grains and milk.

### Lip Smacking Snack Ideas

- 100% juice and air popped popcorn sprinkled with parmesan cheese
- Mini carrot or bran muffin and milk
- Low fat cheese cubes and grapes
- Veggie sticks and yogurt dip
- Dry cereal with yogurt
- Whole grain tortilla/pita triangles with hummus
- Fruit chunks/kabobs with vanilla yogurt
- Low fat cheese stick and apple slices sprinkled with cinnamon
- Whole wheat roti and dal
- Steamed rice with bean squares and 100% juice

A complete listing of all fact sheets and resources on nutrition and school-age children is available on the [Nutrition Services Fact Sheet web page](#). For more information on nutrition and school-age children visit [Eat Right Ontario](#).

**A healthy snack includes 2 of the 4 food groups from  
[Canada's Food Guide](#)**