



... because health matters!

Nutrition Matters

August 2002

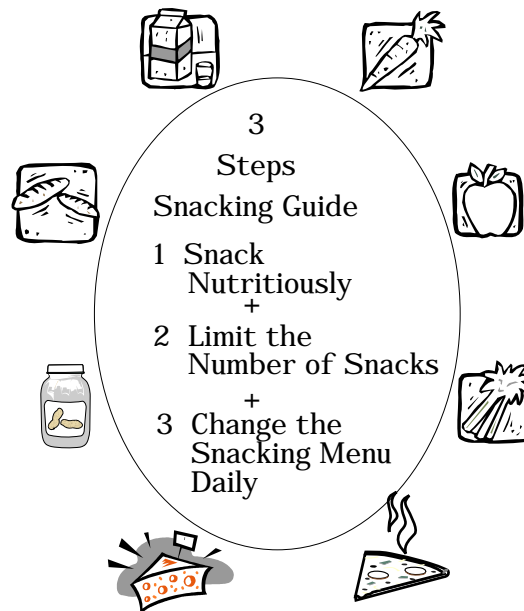
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Guidelines for Selecting Snacks

Choose healthy snacks that are good for the body as well as the teeth.

Many factors affect how dentally damaging foods are. Some important characteristics are: The amount of sugar or starch in the food. How often the food is eaten. How long it is in the mouth and its consistency or stickiness.

The cavity causing carbohydrates in food are sugar and to a lesser extent starch. Despite this, carbohydrate containing foods can still be healthy snacks, as long as you follow the 3 Step Snacking Guide.



Step 1 **Snack Nutritiously**

Nutritious snacks are simply wholesome foods like milk, cheese, fruits, vegetables, breads, cereals, meats or nuts.

Step 2 **Limit the Number of Snacks Each Day**

Snacks are for times when you are hungry or thirsty. A general guide is 2-3 snacks per day.

Step 3 **Change the Snacking Menu Daily**

Variety ensures that you get the nutrients you need but not too much sugar or fat.

Snacks for Thirsty Children

Apple juice	Grapefruit juice	Orange juice	Tangerines
Apples	Grape juice	Oranges	Tomato juice
Blackberries	Grapes*	Papaya	Tropical fruit juice
Blueberries	Kiwis	Peaches	Vegetable juice
Cantaloupe	Mangos	Pears	Water
Cherries*	Melons	Pineapple	Watermelon
Cherry Tomatoes*	Milk - plain or	Plums	Yogurt beverages
Cucumber	chocolate	Raspberries	
Grapefruit	Nectarines	Strawberries	

Snacks for Hungry Children

Apple sauce	Cottage cheese	Muffins - whole grain	Vegetables - raw:
Apricots	Crackers	Nuts and seeds*	Broccoli pieces
Bagel	Egg roll	Peanut butter	Carrots*
Banana	Eggs - hard cooked or	Pita bread	Cauliflower
Bread and Buns	devilled	Pizza	Celery
Bread sticks	Hummus	Popcorn*	Kohlrabi
Cereal (not sugar	Ice cream	Sandwich - half:	Peppers
coated)	Ice milk	cheese, egg salad,	Radishes
Cheese	Milk pudding	ham, peanut butter,	Snow peas
		salmon, tuna	Zucchini
			Yogurt

*Nuts, seeds, popcorn, some raw fruits such as grapes, some raw vegetables especially carrots are good snacks but may cause choking in children under age three. Always supervise young children when they are eating.



Snacking on the Run



- Peanut butter and crackers
- Handful of whole grain cereal - add a few grapes or chunks of cheese
- Whole grain muffin
- Half sandwich with a few slices of fruit
- Cold pizza slices
- Half bagel with cheese or peanut butter
- Popcorn or nuts for older children
- Snack size yogurts, milk puddings and fruit cups
- Milk and milkshakes in a drinking box
- Any fruit... grapes, orange wedges, canned pineapple spears or chunks
- Vegetable sticks filled with soft cheese or peanut butter and a few crackers.
- Crackers and cheese

Adapted from Facts on Snacks by the Ontario Milk Marketing Board, 1999.

Distributed by the Nutrition Promotion, Health Protection and Promotion, Peterborough County- City Health Unit.

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