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## Food and Nutrition

### Smart Snacking

## Canada's Food Guide

You can enjoy snacks as part of your day. If you make wise choices, snacks can keep you energized and provide important nutrients if you make wise choices. Young children especially benefit from snacks as they have small stomachs and may have trouble eating all of the foods they need at meal time.

- Look for snacks that count towards your [recommended number of Food Guide Servings](#). The best choices are foods from the four food groups in Canada's Food Guide.
- Include nutritious snacks when [planning your meals](#) and add them to your grocery list. What you keep in your cupboards is what you'll snack on!
- Take nutritious snacks from home to eat at school, at work, or to eat on the go. This helps reduce your temptation to buy less nutritious snacks.
- Avoid snacks that may be high in calories, fat, sugar or salt (sodium). This includes buttered popcorn, cakes, candies, chips, chocolate, cookies, doughnuts, French fries, granola bars, ice cream, pastries and sugary beverages such as fruit flavoured drinks, soft drinks, sports drinks and energy drinks. These foods can add extra calories to your day. Learn more about [maintaining healthy habits](#).

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### Snacks to Grab and Go:

- Fresh fruit or individually packed containers of cut-up fruit.
- Raw vegetables including carrots, peppers, zucchini, cherry or grape tomatoes.
- Baby carrots and whole wheat pita triangles with hummus.
- Pumpernickel bagel with peanut butter and banana.
- Fresh, frozen or canned fruit with low fat yogurt or in a smoothie.
- Sweet red, yellow or green peppers and bread sticks with salad dressing or low fat dip.
- Whole wheat tortilla wrap made with salmon or tuna and salad dressing, onions, celery and green peppers.
- English muffin with melted cheese and apple slices.
- Dry mixed cereal and a container of milk.
- Dark green leafy salad with orange sections and almonds.

- Nuts, pumpkin or sunflower seeds.
- Plain popcorn.
- Popsicles made with 100% fruit juice or yogurt.
- Water, milk, fortified soy beverage or 100% fruit juice.

**Learn More About:**

- [Planning meals](#)
- [How much food you need every day](#)
- [Maintaining healthy habits](#)

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