

Smart Snacking!

When hunger strikes, be ready to strike back! Before you grab just anything off the shelf, make sure your snack choice is the right one. Try these snack ideas when you have that certain craving.

CRUNCHY

- ✓ Vegetable sticks (carrot, celery, cucumber, bell pepper, courgettes)
- ✓ Broccoli or cauliflower spears
- ✓ Fruit slices (apples, pears)
- ✓ Unsalted rice cakes
- ✓ Unsalted popcorn

SALTY

- ✓ 60 mL cup sunflower seeds
- ✓ One dill pickle
- ✓ Palmful of lightly salted nuts
- ✓ Palmful of olives
- ✓ Hummus with veggie sticks
- ✓ 28 grams low fat cheese
- ✓ Unbuttered popcorn (make your own seasoning blend)

SWEET

- ✓ Fresh Fruits (mango, apple, banana, [frozen] grapes, pineapple)
- ✓ Palmful of dried fruits (no sugar added)
- ✓ Unsweetened canned fruit
- ✓ Plain yogurt or cottage cheese with fruit
- ✓ 28 grams of dark chocolate

THIRSTY

- ✓ Water!
- ✓ Sparkling water with fresh citrus and mint
- ✓ Half water or club soda with half 100% fruit or veggie juice
- ✓ Unsweetened green tea

SNACKS UNDER 200 CALORIES

Savory/Salty Snacks:

- ✓ 8 tortilla chips and 60 mL cup salsa (fewer calories with home-made chips and salsa!)
- ✓ 120 mL cup raw veggies with 30 mL of hummus
- ✓ 500 mL air-popped popcorn
- ✓ 28 grams ham or turkey and 28 grams low-fat cheese roll-up
- ✓ 28 grams trail mix
- ✓ 120 mL roasted chickpeas
- ✓ 120 mL homemade kale chips

Sweet Snacks:

- ✓ 120 mL low-fat yogurt and ¼ cup granola
- ✓ 240 mL of unsweetened applesauce
- ✓ Apple or celery with 2 Tbsp. peanut butter
- ✓ 240 mL waldorf salad (apple, nuts, raisins, greens, low fat yogurt)
- ✓ 20 frozen grapes
- ✓ 1 rice cake with 15 mL Nutella

Be sure to hydrate!

Ask your snack these questions to be sure it has your best interests at heart:

Is it...

- ...baked?
- ...made with whole grains?
- ...low sodium?
- ...reduced fat?
- ...just one serving?

Does it have...

- ...no sugar added?
- ...no added salt?
- ...zero trans fat?
- ...about 100 calories?
- ...less than 10 grams of sugar?
- ...more than 5 grams of fiber?
- ...less than 1 gram of saturated fat?

Was it...

- ...fried?
- ...“flavor blasted?”
- ...stuffed or loaded?
- ...covered in caramel?
- ...dipped in chocolate?

Good snacks say:

YES!

YES!

NO!