



Ask the Registered Dietitian

Healthy Snacking for Mothers & Kids in Motion

- Mothers in motion and their children have high-energy needs, for growth and development as well as physical activity.
- Snacking ensures that your child has enough energy available between meals.
- If you are pregnant or breast feeding, snacking will ensure that you have enough energy available between your meals.

Safe and Snappy, Anytime Snacking

- Dip fruit pieces into yogurt
- Toss granola and pieces of fruit into your yogurt container.
- Spread some nut butter onto a celery stalk, a banana or an apple.
- Tear up pita bread and dip in salsa.
- Add almond butter between graham crackers or rice cakes.
- Sprinkle shredded cheese over your tortilla and add a touch of salsa on top.
- Prepare a salmon snack pack — a mini can of salmon, crackers and relish.
- Carry cereals around in a sealed bag so you can snack wherever you go.
- Pack small bags of dried fruits and unsalted nuts and seeds.

Stay Cool & Avoid Mid-Day Meltdown

- Use an insulated lunch bag to help keep food cool.
- Use a freezer pack to keep food cool or save space by freezing your fruit and vegetable juices.
- If using paper lunch bags, create layers by double bagging to help insulate food.
- Pack all perishable foods next to your freezer pack or frozen juice box and eat these foods first.
- Freeze your yogurt overnight and keep it for some afternoon delight.

Some Healthy Snacking Tips

Choose Often	Choose Occasionally	Choose Rarely
<ul style="list-style-type: none"> • Whole fresh fruit (apple, banana, grapes) 	<ul style="list-style-type: none"> • Dried fruits; raisins; prunes; apricots 	<ul style="list-style-type: none"> • Sugar coated fruits
<ul style="list-style-type: none"> • Frozen fruit, canned fruit in its own juices 	<ul style="list-style-type: none"> • Sweetened canned or frozen fruits, Fruit juices, frozen juice bar 	<ul style="list-style-type: none"> • Fruit drinks with glucose/ fructose, soda pop
<ul style="list-style-type: none"> • Raw vegetables (carrot sticks, broccoli florets, pepper sticks) • Baked potatoes with salsa 	<ul style="list-style-type: none"> • Regular vegetable juices 	<ul style="list-style-type: none"> • French fries, potato chips, corn chips, nacho chips
<ul style="list-style-type: none"> • Low-fat yogurt, milk, smoothies <i>(After 2 yrs of age, children can use skim and 1% Milk Fat products)</i> 	<ul style="list-style-type: none"> • Sherbet 	<ul style="list-style-type: none"> • Full fat ice cream
<ul style="list-style-type: none"> • Low-fat cheese or tofu based cheese <i>(Less than 15% Milk Fat)</i> 	<ul style="list-style-type: none"> • Medium fat cheeses <i>(Between 15-20% Milk Fat)</i> 	<ul style="list-style-type: none"> • Regular full fat cheeses <i>(Greater than 20% Milk Fat)</i>
<ul style="list-style-type: none"> • Natural nut butters, nuts and seeds 	<ul style="list-style-type: none"> • Dry-roasted unsalted nuts and seeds 	<ul style="list-style-type: none"> • Nut butters with added sugar, salt and hydrogenated vegetable oils and salted nuts and seeds
<ul style="list-style-type: none"> • Melba toasts or whole-grain low-fat unsalted crackers, crisp-breads, flatbreads, pretzels 	<ul style="list-style-type: none"> • Graham crackers, ginger snaps, low-fat arrowroot biscuits, social teas, fig bars, date squares 	<ul style="list-style-type: none"> • Cakes, pies, pastries, Donuts and commercial cookies
<ul style="list-style-type: none"> • Whole grain breads and cereals, bagels, English muffins, tortillas and pitas • Popcorn without fat or salt 	<ul style="list-style-type: none"> • Homemade muffins • Low fat microwave popcorn 	<ul style="list-style-type: none"> • Croissants, Fast food/ commercial muffins
<ul style="list-style-type: none"> • Chocolate milk 	<ul style="list-style-type: none"> • Dark chocolate (70% cocoa) 	<ul style="list-style-type: none"> • Chocolate bars, candies

Tips for Packing those Healthy Snacks

Pack **ONLY** the amount of perishable food that can be eaten at lunch or for snacks.

ALL perishable foods, such as raw or cooked meat and poultry, eggs, must be kept cold at all times.

Combo snacks that contain sliced meats along with crackers, cheese, and condiments must also be kept refrigerated.

Some food is safe without a cold source. Items that do not require refrigeration include fruits, vegetables, hard cheese, unopened canned meat and fish, breads, crackers, peanut butter, jelly, mustard and pickles.



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