

Healthy Snacks for Adults

What is a snack?

Snacks are foods or drinks you have between meals. Eating between meals can be a part of a healthy lifestyle if you choose healthy snacks that are high in fibre and low in fat, sugar and salt.

Should everyone snack?

Not everyone needs snacks. Your need for snacks or more food depends on your age, health, weight, and activity level.

Snacking often, but not continuously, can help people with small appetites to meet their nutritional needs. Eating food often is also important for anyone who has an active lifestyle through work or exercise.

Many people who are trying to lose weight find that they are more successful if they have small healthy snacks between meals. Eating snacks with fibre can also make you feel full for a longer time.

Tips for Healthy Snacks

The challenge with snacking is deciding what kinds of food to snack on – and how much.

- Plan healthy snacks and meals by using *Eating Well with Canada's Food Guide*.
- Limit snacks to no more than three a day.
- For snacks, buy small packages of food or take small portions from larger packages.
- Try to include food from two of the four food groups for each snack.
- Choose fruits and vegetables, low-fat milk products, and grain products more often.
- Try not to snack out of the box – take out the amount you want to eat and put the box away.
- Whole fruit is a better choice than juice. If you are thirsty, have water with snacks.
- Avoid snacking while watching TV or driving.

Snacks at Home

Stock up your pantry and fridge with nutritious snacks, such as fresh fruits and bite-size vegetables, whole grain low-fat crackers, unsalted nuts and seeds, non-sugar coated cereals, low-fat dairy products, or homemade baked goods. Use no more than 1/4 cup or 50 mL oil or non-hydrogenated margarine per loaf or dozen muffins.

Snack choice Aim for 100 to 200 calories per snack	Calories	Fat grams
Small bran muffin	150	4.5
Low-fat plain yogurt (3/4 cup or 175 mL) with fruit (1/2 cup or 125 mL)	155	3
Homemade trail mix (1/4 cup or 60 mL mini shredded wheat, 2 Tbsp or 30 mL of dried cranberries and 2 Tbsp or 30 mL of almonds)	200	9.5
Melba toast (2) with peanut butter (1 Tbsp or 15 mL)	135	10
Celery/carrot sticks with hummus (1/4 cup or 60 mL)	140	10
High fibre crisp breads (2) with partly skimmed mozzarella cheese (28 g)	135	4.5
Skim milk (1 cup or 250 mL) with Graham crackers (3)	180	2
Tortilla chips, plain (10) with salsa sauce (2 Tbsp or 30 mL)	100	4.5

Snacks Away From Home

Plan healthy snacks as a part of your meal plan. Always pack a couple of snacks when you pack your lunch.

When buying prepackaged foods, check the % DV column on the food label in the Nutrition Panel. The % DV shows the amount of a nutrient in food compared to the average amount recommended each day. Choose foods with a low % DV for fat, saturated and trans fat, cholesterol, and sodium.

Snack choice	Calories	Fat grams
Berries (strawberry, raspberry, blackberry) (1 cup)	65	trace
Banana, pear (1 medium)	100	trace
Pretzels (30 twists or 18 g)	70	1
Unsalted soy nuts (1/4 cup or 60 mL)	200	9.5
Fig bars (2)	110	2.5
Chocolate milk, 1 % (1 cup or 250 mL)	170	2.5

For More Information

- Canadian Health Network. Visit www.canadian-health-network.ca
- *More Choice Menus* book series by Marjorie Hollands and Margaret Howard Toronto, Macmillan Canada

For nutrition information, call Dial-A-Dietitian and speak to a registered dietitian at 604-732-9191 in Greater Vancouver or 1-800-667-3438 toll-free in BC.



More Healthy Snack Choices

Try	Instead of
Baked tortilla chips	Potato chips
Low-fat granola bar	Chocolate bar
Fig bars	Chocolate chip cookies
Dried fruits	Candies
Low-fat frozen yogurt, or sherbet	Ice cream
Arrowroot, digestive cookies, ginger snaps, graham crackers	Cream filled cookies
Angel food cake	Pound cake
Crustless pumpkin pie	Traditional apple pie
Air-popped popcorn with butter flavoured cooking spray	Buttered popcorn
Homemade low-fat fruit squares	Brownies
Latte with skim milk	Coffee drinks with cream

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