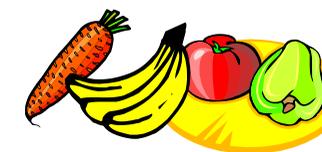


Snacks are mini-meals to help provide children with essential nutrients and energy that they need to grow, play and learn.



# Smart Snacking



## HEALTHY SNACKS FOR HEALTHY KIDS

Growing children have higher nutritional needs. Snacks in between meals are an important part of your child's day.

### Snacks help to:

- 👉 appease hunger sensations without spoiling their appetite for the next meal;
- 👉 complete a meal which may be lacking in certain food groups. Not all children consume the amount of food in regular meals that will meet all of their dietary needs, therefore snacks are an important part in creating a balanced diet.
- 👉 boost energy levels to meet your child's growing needs and activity level.

Most children have small appetites, so they eat less at meals. Nutritious snacks offered between meals can help your child eat and drink enough during the day. In fact, most young children benefit from eating four to six times a day.

### Snacks should be:

- light (so that appetites are not spoiled for the next meal)
- nutritious (choose snacks from *Canada's Food Guide*)
- appetizing
- varied each day



yogurt



juice



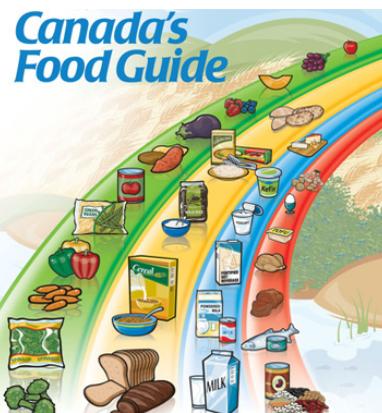
banana



celery



milk



Follow the recommendations of **Canada's Food Guide** for delicious and nutritious snack ideas! Involve your child in selecting and preparing healthy snacks. Children are more likely to enjoy their snacks if they take an active role in the planning and preparation.

### GIVE YOUR CHILD A HEALTHY SMILE: DIETARY TIPS FOR PREVENTING CAVITIES



Just like the rest of the body, the teeth, bones and soft tissues of the mouth require a well-balanced diet. Although foods from the "Other Group" (such as chocolate, donuts, chips, candies or fruit candies, sweetened fruit drinks, soda pop, fruit roll ups, etc.) may add taste and pleasure to eating, these foods tend to be **very high in sugar and very low in nutritional value**. These foods should be eaten in moderation and should not replace foods from the 4 food groups. The benefits of carefully selecting the foods your child consumes go far beyond the prevention of cavities. By taking special care of your child's oral health, you can protect their beautiful smile and optimize their overall health and nutrition status!

### HOW ARE CAVITIES FORMED?

When your child eats or drinks foods/beverages high in sugar, the germs (bacteria) in your child's mouth mix with the sugars to form an acid. This acid attacks the outer layer of teeth (also called enamel), forming holes (or cavities) in the teeth.



Frequent teeth brushing and flossing are important for prevention of cavities, but are not the only consideration. Proper nutrition also plays a vital role in the development and maintenance of a healthy mouth.

### TEACH YOUR CHILD TO PROTECT HIS/HER TEETH BY:

- ☺ choosing healthy foods from the 4 food groups and;
- ☺ brushing and flossing their teeth after meals, especially after eating sweet snacks.



Reference: The Canadian Dental Association

### Suggested Snack Ideas



- 🍎 milk, chocolate milk, milk shakes
- 🍎 yogurt, cheese cubes, pudding or fruit cup
- 🍎 any fruit...grapes, bananas, cantaloupe dipped in yogurt
- 🍎 vegetable sticks with cottage cheese or tzatziki dip
- 🍎 crackers or bread sticks topped with cheese, peanut butter, hummus, baba ghanouj, etc.
- 🍎 trail mix, nuts or roasted chick peas
- 🍎 whole grain cereal with less than 8 grams of sugar
- 🍎 whole wheat muffin with a slice of cheese or fruit
- 🍎 pita pockets with vegetables, cheese, salsa or hummus



### WE NEED YOUR COOPERATION!!!

Please **avoid sending** snacks such as

#### candied fruit snacks:

- Fruit-by-the-Foot
- Fruit Loop yo-gos
- Fruit Roll Ups
- Froot Loop Winders/Twistables
- Welch's fruit snacks

#### sweetened snacks:

- Chocolate/yogurt coated granola bars
- Oreos
- Dunkaroos
- Cakes

#### salty snacks

- Chips
- Dried noodles

Although tasty, they **add no nutritional value** to your child's diet. In fact, these foods fill your child's body with unwanted amounts of refined sugar, salt and empty calories! Moreover, they spoil your child's appetite without refueling on important nutrients they need to support a healthy body!

**Great performance in school and sports depends on good nutrition!**

Reference: Facts on Snacks booklet developed by the Dairy Farmers of Ontario, 1998



Commission scolaire  
English-Montréal  
English Montreal  
School Board

Cafeteria and Nutrition Education  
Division of Community Services

## NUTRITION SPOTLIGHT

Information For Parents

**Eat Well,  
Live Well!**

# 3 SIMPLE RULES FOR AN AWARD WINNING LUNCH BOX



By the EMSB Dietitian

Lunch box blues approaching? The EMSB dietitians have put together 3 simple lunch box rules to help you out as the school year starts...

## RULE #1

### Include a minimum of one serving from each food group.

This will ensure adequate intake of all essential nutrients.

A healthy lunchbox should include one serving of each:

- Vegetables and fruit for important vitamins and minerals
- Grain products for energy (ex: bread, rice, pasta)
- Milk products for strong, healthy bones and teeth (ex: yogurt, cheese, milk)
- Meat and Alternatives for a good source of protein, for muscles and a healthy body (ex: chicken, eggs, beans)



## RULE #2

### Think color!

The whiter a food, the less nutritional value it contains. Select whole grain and enriched grain products. White breads, pastas and rice are too refined; meaning a lot of the “good stuff” has been removed. When choosing fruits and vegetables, the same rule applies, the darker the color, the more nutrients it contains.

- ↺ The Yellow-Oranges: sweet potato, carrots, corn, oranges
- ↺ Reds-Purples-Blues: strawberries, blueberries, red grapes
- ↺ The Orange-Reds: tomatoes, papayas, pink grapefruit
- ↺ The Greens: spinach, broccoli, asparagus, avocado



## RULE #3

### Limit “OTHER” Foods

The “Other” foods include chips, soft drinks, sweet cookies, cakes, donuts, candies, chocolate, and fruit roll-ups. Although they add pleasure to eating, these foods are not part of the 4 Food Groups. They could be eaten occasionally and in moderation, but should not replace foods from Canada’s Food Guide.



*We ask your co-operation in not including these foods in your child’s lunch box.*

### LUNCH BOX SAFETY

Many foods such as meat, poultry, fish, eggs, milk and milk products, cooked beans as well as sauce or mayonnaise spoil at room temperature. The use of thermal containers “thermos” or ice packs can reduce the **risk of food poisoning** by keeping the food at the appropriate temperature.