

# EASY HEALTHY SNACKS



**Skip the costly, sugar and sodium-packed snack aisle in the grocery store, and try these simple, nutritious, and budget-friendly snacks.**

- Mix up nut-free trail mix—combine dried cranberries, raisins, or dried apricots, with sunflower and pumpkin seeds and low-sugar whole grain cereal
- Cut up blocks of cheese or serve cheese strings paired with whole grain crackers or apple slices
- Blend a smoothie made with frozen fruit, leafy greens, and milk or yogurt
- Spread almond butter on whole grain crackers, and top with banana slices
- Top unsweetened applesauce with cottage cheese
- Make your own granola bars or whole-grain muffins
- Top vanilla or plain yogurt with frozen berries
- Serve raw veggies with dip or hummus
- Enjoy shelled or in-the-pod edamame beans
- Dip whole wheat pita wedges into salsa and refried beans



Limit highly processed foods such as chips, cookies, hot dogs and fruit-flavoured snacks.

Limit sugary drinks such as 100% fruit juice, energy drinks, soft drinks and iced tea.

These have a lot of sugar and calories. Choose water or milk instead.

For more snack ideas visit:

- Quick & Easy Snack Ideas: [www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/Quick-And-Easy-Snack-Ideas.aspx](http://www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/Quick-And-Easy-Snack-Ideas.aspx)
- Snack Recipes: <http://www.unlockfood.ca/en/Recipes/Snacks>

Resources:

- Packing Healthy School Lunches and Snacks—<http://www.unlockfood.ca/en/Articles/School-Health/Articles/Packing-Healthy-School-Lunches-and-Snacks-FAQs>
- Healthy Kids Snacks—<https://www.parenting.com/gallery/healthy-kids-snacks>
- Healthy Snacks for Kids from Dietitians <https://parentingdiabetes.com/food-carbcounting/healthy-snacks-for-kids-from-dietitians/>