



Unlock the Potential of Food

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Quick and Healthy Snack Ideas

You know it's time for a snack when you get hungry mid-morning or mid-afternoon. Snacks keep you energized throughout the day. Eating a small snack between meals can help you to feel satisfied and prevent overeating at your next meal. Skip the vending machine or coffee shop and give these delicious ideas a try.

Five fun snack ideas for veggies & dip

We all know vegetables are good for us, but sometimes it's hard to eat enough vegetables at meals alone. Including vegetables in your snacks is a great way to boost your intake. Keep washed and chopped veggies in your fridge so that they are ready for grab-and-go snacks.

If you find it difficult to eat plain vegetables, try pairing them with a dip once in a while. Switch up your dip to keep it interesting.

- Red peppers and tzatziki
- Carrot sticks and salsa
- Grape tomatoes and hummus
- Celery and peanut butter
- Cucumber and yogurt

Five tasty snacks with fruit

Fruit makes a great snack at any time of day. It is easy to prepare, refreshingly sweet and perfect for when you are on the go. If you are looking for other snack options beyond plain fruit, try some of these ideas:

- Yogurt and fruit is a classic combination. Keep it interesting by mixing up your fruit choices – berries one day, pineapple chunks with shredded, unsweetened coconut another day. Or experiment with this [Yogurt Banana Split](#) (found at [UnlockFood.ca](#)).
- Blend up some frozen fruit with vanilla yogurt for something different.
- Try unsweetened applesauce topped with sliced almonds and cinnamon.
- Grab a bunch of grapes with a handful of walnuts.
- Try this kid favourite: [Peanut Butter and Fruit Poutine](#) (found at [UnlockFood.ca](#)).

Five fab whole grain snack ideas

Meet Canada's Food Guide recommendation of choosing whole grain foods with these ideas.

- Plain popcorn is a great whole grain, high fibre snack. Enjoy it with a sprinkle of parmesan cheese. Turn it into trail mix by adding some whole grain cereal, nuts, dried fruit and seeds.
- Whole grain cereal, milk and fruit is a great snack you can enjoy at home.
- Bake up whole wheat tortillas in the oven until they are crisp. Cut into triangles and pair them up with: hummus, tzatziki, canned baked beans, egg salad, refried beans, applesauce, homemade fruit salsa, tomato salsa, guacamole, or dahl.
- Top whole grain melba toast or crackers with tuna or canned salmon. Enjoy with carrot sticks.
- Melt cheese onto a whole grain English muffin. Enjoy with crisp apple slices.

Five snack ideas for when you're on the go

- Save money by keeping snacks on-hand at work, in the car or in your bag. Fruit that is easy to carry: apples, oranges, bananas, plums, pears, grapes and fruit cups.
- Make your own homemade trail mix made with dry cereal, dried fruit, nuts and seeds. Portion it into small containers for a quick grab and go option.
- Try higher fibre granola bars with at least 4 grams of fibre or make your own.
- Pair up roasted unsalted soy nuts with sliced cucumber, bell peppers or celery.
- Grab a yogurt with a piece of fruit for a quick and easy snack.

Did you know?

Snacking can help prevent overeating at mealtimes by satisfying your hunger so you're not starving by the time of your next meal. The best types of snacks are those that have protein and/or fibre. See this chart below for a few choices.

Foods with protein

Yogurt

Milk, fortified plant-based beverage

Hard boiled eggs

Foods with fibre

Fruit with the peel on

Vegetables

Whole grain cereal or cereal bars

Foods with protein and fibre:

- Hummus dip
- Edamame
- Oatmeal
- Dahl
- Bean salads
- Nuts and seeds

At home tip: Eating your leftovers as a snack is an easy and convenient way to use them up and reduce food waste.

Snack recipes to try (found on [UnlockFood.ca](https://unlockfood.ca)):

Swedish Knäckebröd
Romano Bean Hummus
Protein Bars
Lightened-Up Guacamole and Chips
Emily's Zippy Dip
Carrot and Apple Salad
Sunny Energy Bites
Apple Blueberry Smoothie

How can a dietitian help?

Dietitians can support you throughout many phases of your life from pregnancy to eating well when you are older. Counselling sessions with a dietitian can also help you to prevent and treat health conditions like type 2 diabetes and heart disease. Your dietitian will work with you to give you personalized advice that meets your lifestyle and goals. Connect with a dietitian today!

Bottom line

With a little bit of planning and preparation, eating nutritious snacks doesn't have to be difficult. Take a look at the ideas in this article and add them to your next grocery list.

Visit www.NutritionMonth2023.ca for more on how to connect with a dietitian and for trusted food and nutrition information.