

SMART SCHOOL SNACKS

Foods such as cookies, cakes, doughnuts and pastries add many extra calories... but little nutrition! Super school snacks include raw veggie sticks, sliced fruit, milk puddings, yogurt, whole grain crackers, milk (white or flavoured), hard cooked eggs or lower sugar cereals. Save the 'sweets' for occasional treats.



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

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