

# SMART SNACKING

Young children have small tummies and their nutrient needs are high. Snacks help them to grow and glow! Healthy snacks include foods from *at least 2* of the 4 food groups in *Canada's Food Guide*. Serve a snack at least 2 hours before a meal to give your child enough time to build up an appetite for the next meal. Canada's Food Guide will help you to plan healthy snacks.

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Visit Canada's Food Guide  
online at  
[www.healthcanada.gc.ca/food  
guide](http://www.healthcanada.gc.ca/foodguide)



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Health Info Line

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