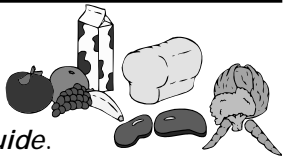


Super Snacks!

Healthy snacks include foods from at least 2 of the 4 food groups in *Canada's Food Guide*.

Choose from:

- Veggies (eg, carrot sticks, red or yellow pepper strips, broccoli trees, snow pea pods) and fruit (eg, melon slices, cherries, grapes, kiwi, peaches, apples)
- Milk (white or flavoured), fortified soy milk, yogurt, cheese, milk puddings
- Whole grain crackers, English muffins, melba toast, bread sticks, rice cakes
- Legumes (eg, beans, peas or lentils), hard cooked eggs, chicken, lean meats



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