

THE SCOOP

**WHY
ACT
NOW**

Healthy Snacks

Dr. Gita Sharma, Indigenous & Global Health Research Group
Faculty of Medicine & Dentistry, University of Alberta

HEALTHY SNACKS

You've had
breakfast, but you're
feeling a little hungry
and can't wait until
lunch?



**WHY
ACT
NOW**

HEALTHY SNACKS

Snacking is another way to stay healthy & energized

<https://www.youtube.com/watch?v=ik1HPoptlLE>

**WHY
ACT
NOW**

HEALTHY SNACKS

Listen to your body!

Snack if your stomach is growling, otherwise, mindless snacking can be unhealthy



HEALTHY SNACKS

Benefits of snacking:

1. Additional source of nutrients (if you don't get enough from regular meals)

**WHY
ACT
NOW**

HEALTHY SNACKS

2. Curbs your hunger **between** meals



**WHY
ACT
NOW**

HEALTHY SNACKS

3. Eat less during a meal



HEALTHY SNACKS

4. Keeps your **blood sugar levels stable** throughout the day = normal brain function

If unstable, you will feel weak and will find it difficult to be physically active!

HEALTHY SNACKS

Are there any CONS to snacking?

YES.

Too much + poor choices can have a negative impact

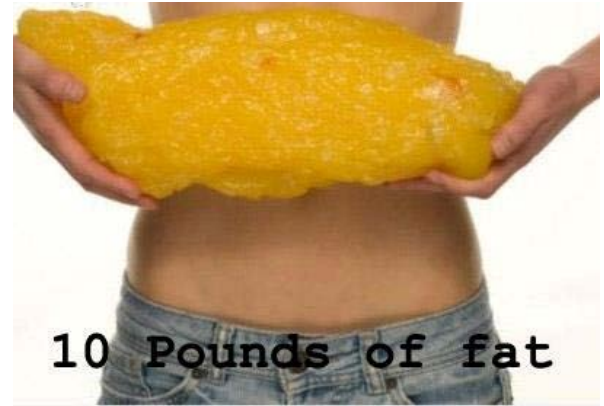


HEALTHY SNACKS

How?

- Choosing snacks like chips, pop, candy, chocolate can add extra calories to your day, which can lead to unwanted weight gain.

For example: Eating 100 extra calories a day for a year can lead to gaining 10 pounds



**WHY
ACT
NOW**

HEALTHY SNACKS

Why?

- When you get hungry, you might end up impulsively reaching for something that is convenient and loaded with calories

The solution???

Be prepared, plan snacks ahead of time!



**WHY
ACT
NOW**

HEALTHY SNACKS

Healthy Snacking Tips:

- a. Buy small packages of food OR take small portions from larger packages

(Don't snack from the large container, bag or box!)



HEALTHY SNACKS

b. Avoid snacking while watching TV, reading, doing homework or playing on the computer.

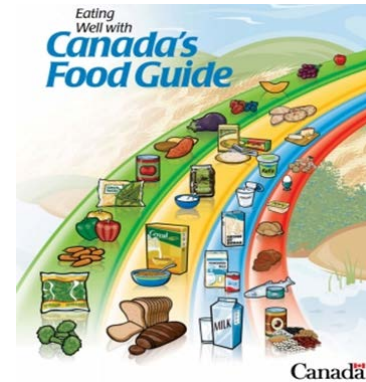
(‘Mindless eating’ - not giving food attention, end up eating more than normal)



HEALTHY SNACKS

c. Focus on including 2 of the 4 main food groups in each snack

Example: Include protein or fibre to help keep you feeling full for longer!



2



HEALTHY SNACKS

d. Limit snacks to no more than **3** per day



**WHY
ACT
NOW**

HEALTHY SNACKS

HEALTHY SNACK SWAPS:



1 Whole Grain Cracker + Cheese



Calories = 104
Fat = 5g
Protein = 7g
Fiber = 1g



Strawberry Vanilla Donut



Calories = 270
Fat = 5g
Protein = 5g
Fiber = 1g

**WHY
ACT
NOW**

HEALTHY SNACKS

HEALTHY SNACK SWAPS:



Plain, low-fat popcorn (7 cups)



Calories = 217
Fat = 3g
Protein = 7g
Fiber = 8g



Buttered popcorn (Small, Cineplex)



Calories = 580
Fat = 47g
Protein = 7g
Fiber = 8g

**WHY
ACT
NOW**

HEALTHY SNACKS

HEALTHY SNACK SWAPS:



Chewy Sweet & Salty Bar (Nature Valley)



Calories = 94
Fat = 4g
Protein = 2g
Fiber = 1g



Kit Kat Chocolate Bar



Calories = 218
Fat = 11g
Protein = 3g
Fiber = 0g

**WHY
ACT
NOW**

HEALTHY SNACKS

HEALTHY SNACK SWAPS:



Dried Banana Chips (20)



Calories = 145
Fat = 9g
Protein = 1g
Fiber = 2g



Lays Classic Potato Chips (1 small bag)



Calories = 280
Fat = 18g
Protein = 3g
Fiber = 1g

HEALTHY SNACKS

HEALTHY SNACK SWAPS:



Apple (Medium)



Calories = 62
Fat = 0g
Protein = 0g
Fiber = 2g



Fruit by the Foot (1 roll)



Calories = 80
Fat = 1g
Protein = 0g
Fiber = 0g

HEALTHY SNACKS

Other Easy, Healthy Snacks:

Celery with Peanut Butter & Raisins



**WHY
ACT
NOW**

HEALTHY SNACKS

Sliced Apple with Peanut
Butter & raisins



**WHY
ACT
NOW**

HEALTHY SNACKS

Rye Cracker with cream
cheese & strawberries



**WHY
ACT
NOW**

HEALTHY SNACKS

Veggies with hummus



**WHY
ACT
NOW**

HEALTHY SNACKS

Hard-boiled Egg



**WHY
ACT
NOW**

HEALTHY SNACKS

Cucumber with cheese



**WHY
ACT
NOW**

HEALTHY SNACKS

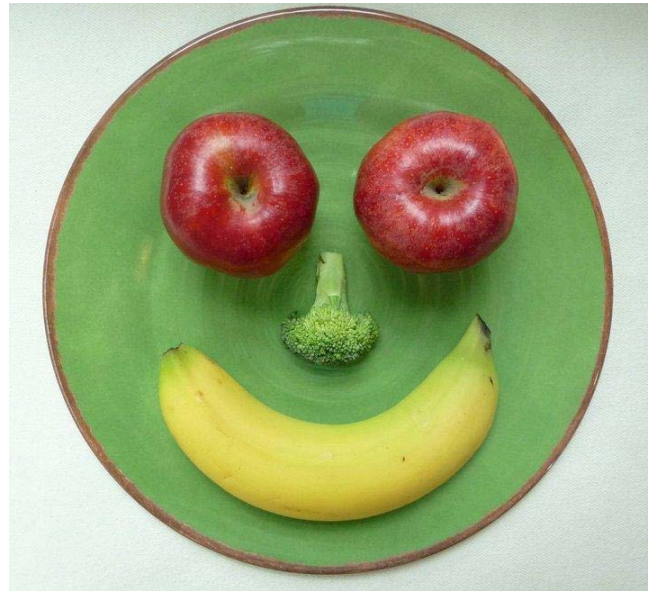
Frozen Blueberries dipped in
Yogurt



**WHY
ACT
NOW**

HEALTHY SNACKS

HAPPY SNACKING!



**WHY
ACT
NOW**

HEALTHY SNACKS

THANK YOU

Sources:

Healthy Alberta

Alberta Nutrition Guidelines for Children & Youth