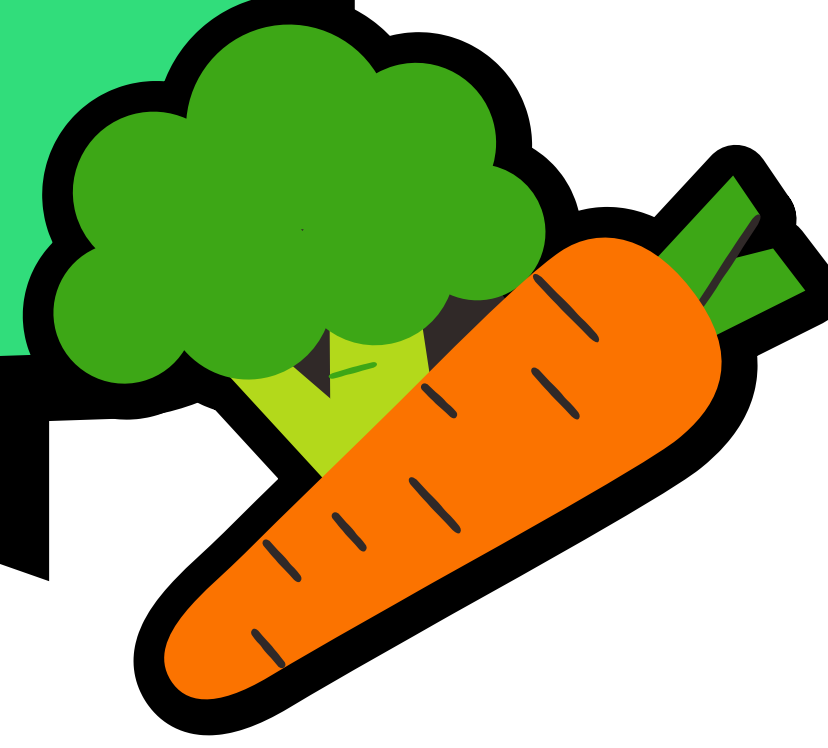
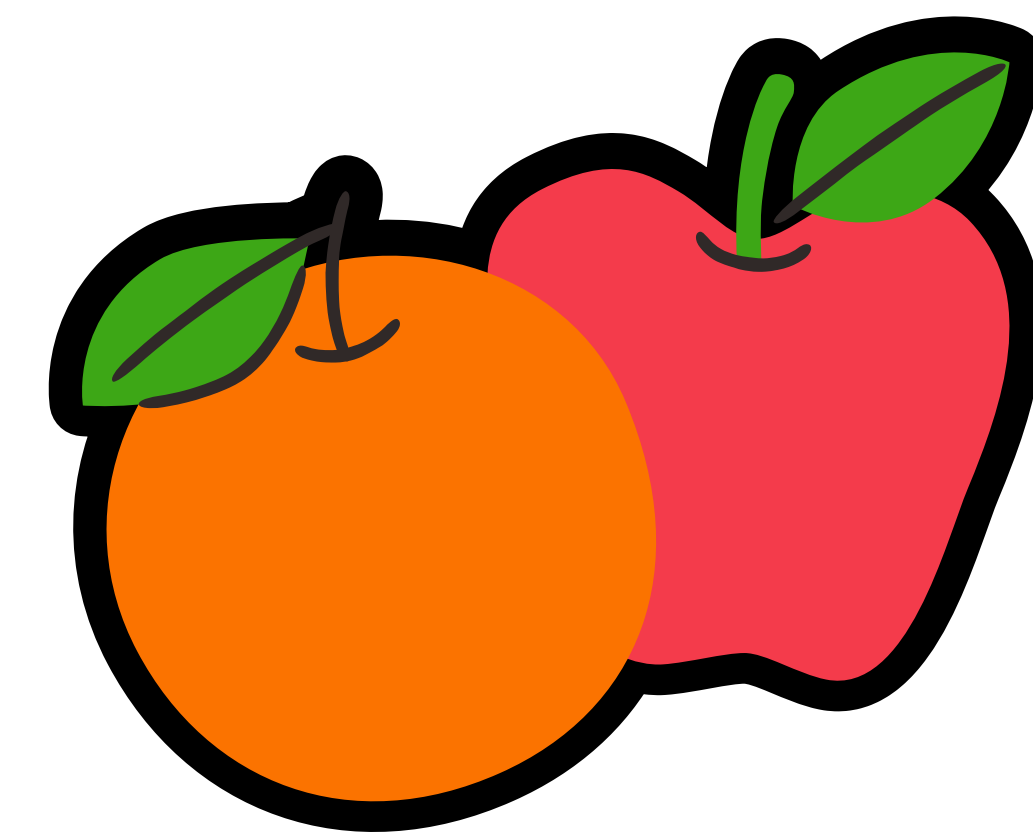


## Why are healthy snacks important?



Your diet is an important part of your health and academic success! Take charge of your health by learning more about healthy snacking.

- ▶ What you eat affects your thinking, learning, and memory.
- ▶ A nutritious, well-balanced diet is associated with better school grades.
- ▶ A healthy snack can satisfy your hunger between meals and give you the energy you need to study.
- ▶ A diet low in sodium, saturated fat and sugar is important for preventing diseases later in life.



# Snacking for Success

How do I make a healthy snack?

According to Canada's Food Guide, a healthy snack includes:

▶ **Fruits and Vegetables:** provide vitamins, minerals and natural sugars.

**Ideas:** carrots, apples, oranges

▶ **Whole grains:** a good source of fibre, which helps to protect against heart disease, cancer, constipation, and diabetes.

**Ideas:** Whole grain crackers, whole grain or wild rice, quinoa, whole grain breads.

▶ **Proteins:** includes plant and animal proteins, which help keep you full longer.

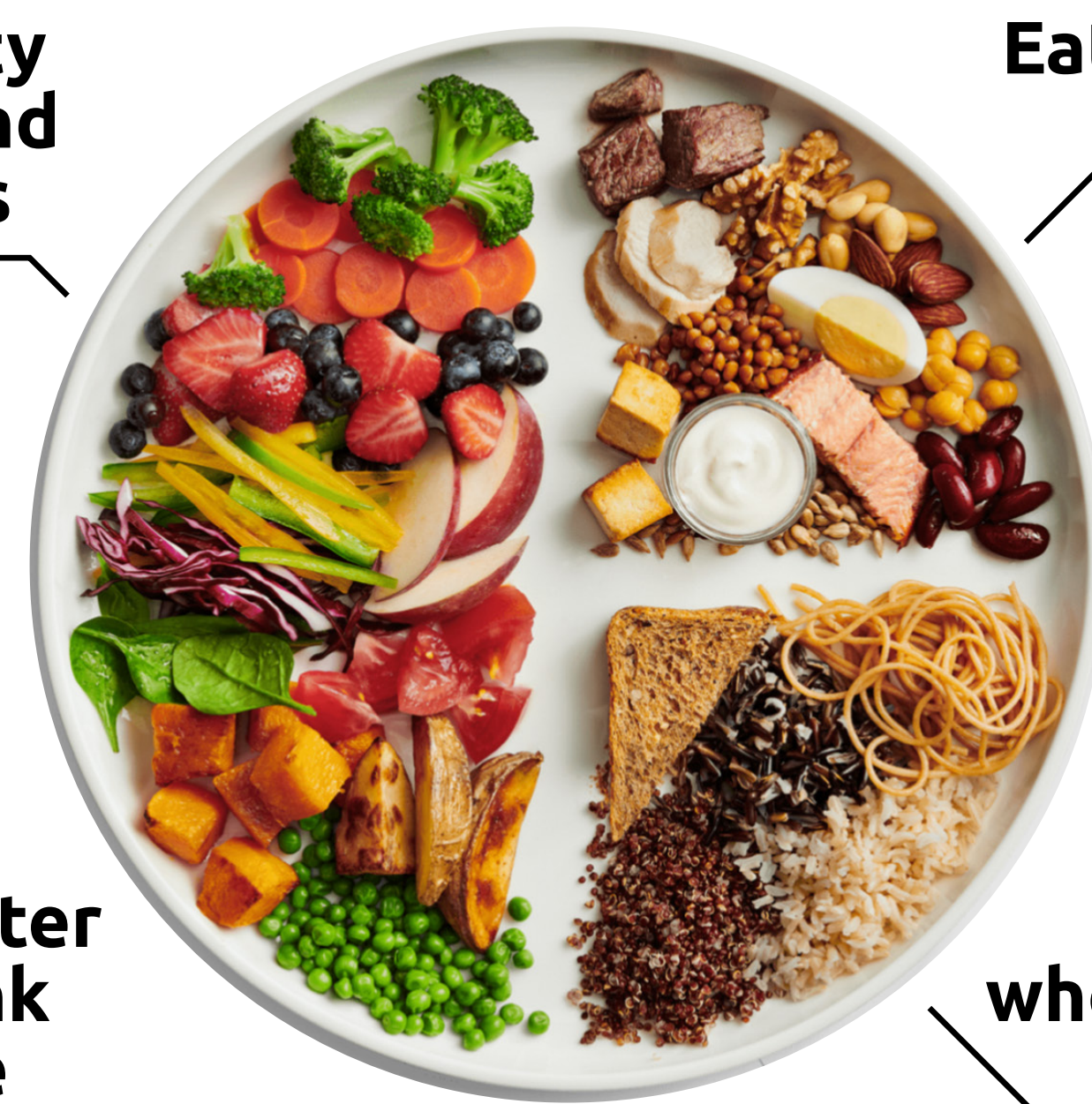
**Ideas:** nuts, nut/seed butter, Greek yogurt.

Have plenty of fruits and vegetables

Eat protein foods

Make water your drink of choice

Choose whole grain foods



▶ **Choose water more often:** water is important for your health, a great way to quench your thirst, and a way to stay hydrated without calories.

**Ideas:** drink water with your meals, carry a reusable water bottle when you are out, try a fruit and herb infused water or carbonated water.

Want to learn more?

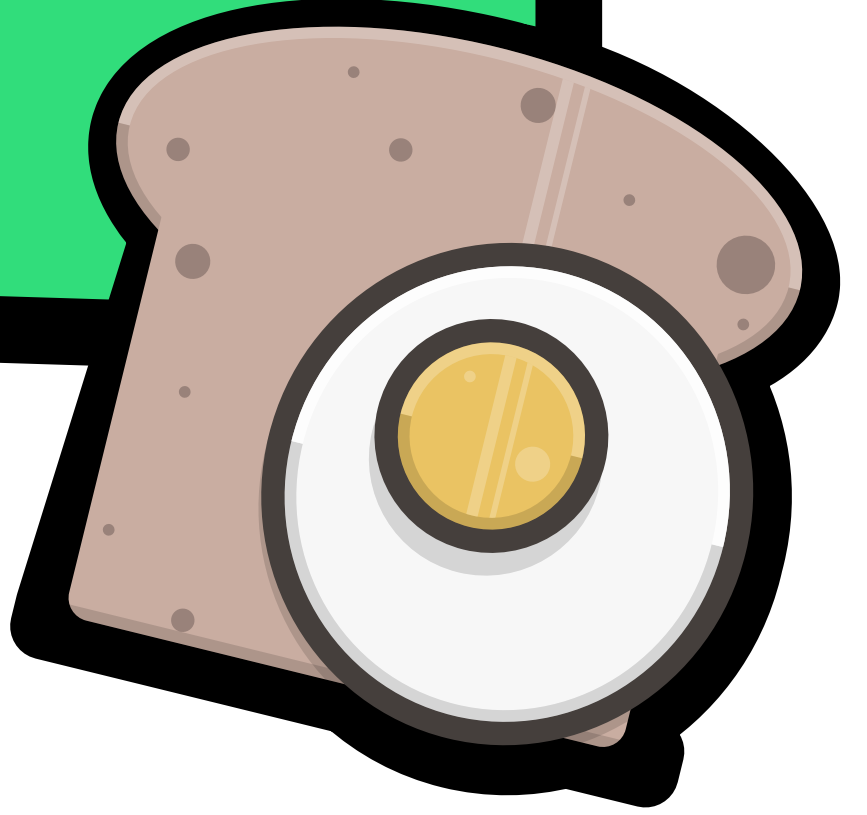
▶ Visit Canada's Food Guide for more information.



▶ Visit the Ontario Tech Health Promotion website for more recipes.



## How do I practice healthy snacking?



- ▶ Be mindful when snacking. Avoid snacking when tired, bored, or emotional.
- ▶ Carry a reusable water bottle with you to campus to help you drink more water throughout the day.
- ▶ Limit your intake of highly processed food and drinks, like chips, candy, and pop.
- ▶ Prepare snacks and meals for the week ahead of time.

## When preparing snacks, consider the following:

- ▶ Mix foods together to help you include fruits and vegetables, whole grains and proteins in your snacks. Try pairing vegetables with hummus, or whole grain crackers with cheese.
- ▶ Choose fruits that come in their own natural packaging, like oranges, bananas, apples, and plums.
- ▶ When cooking, chop extra vegetables to save for snacks.