

## Healthy Snacking in March



Every year Health Canada recognizes March as Nutrition Month. A part of healthy eating habits is choosing healthy snacks between meals. It is normal for kids and teens to eat snacks between meals. This is a healthy decision they can have a part in making. Test your knowledge about snacks below:



1. Kids and teens have smaller stomachs than adults, so may need to eat more often. T or F
2. If you snack right, you are never hungry at meal time. T or F
3. When people don't have regular meals and snacks, they can get grouchy, distracted and tired. T or F
4. It's OK to have sweet or salty treats once in a while, just not every day. T or F

### Tips for healthy snacking:

- 🍎 Eat 3 meals and 2-3 snacks per day
- 🍎 Try to include 2 or more food groups in a snack to make it high in nutrients
- 🍎 Prepare snacks ahead of time and keep 1-2 in your child's backpack, ready to go (this way they are less likely to choose junk food for convenience)
- 🍎 Have your child/teen help prepare (or prepare their own) snacks to help keep them interested



(Answers to Quiz: 1. T, 2. F, 3. T, 4. T)

For more information, please visit [www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca), [www.albertahealthservices.ca](http://www.albertahealthservices.ca) or [www.kidshealth.org](http://www.kidshealth.org) (great for new recipes and nutrition info)