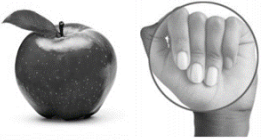


Whole Fruit or Berries
1 fruit (1 cup) = 1 fist



Nuts and seeds
1/4 cup (60 mL) = Cupped hand



Building a Healthy Snack

Each snack is 1 carbohydrate serving + 1 protein choice

Choose 1 Carbohydrate Option

- 1 medium fruit
- 1 cup cut up or frozen fruit
- 1/2 cup canned fruit packed in water
- 4 dried apricots
- 1 pear, apple or 1/2 banana
- 1 slice whole grain toast
- 2 plain oatmeal cookies
- 3 cups air-popped popcorn
- 1 small whole wheat bun
- 12 baked tortilla chips
- 1 high fibre cereal bar
- 6-7 whole grain salt free crackers



Choose 1 Protein Option

- 1.5oz cheese
- 1/2 cup cottage cheese
- 1/4 cup unsalted nuts or seeds
- 2 tbsp peanut butter
- 1/2 cup meat or poultry
- 1/2 cup fish or wild meat
- 3/4 cup hummus or tofu

Snacks that have both carbohydrates and protein in one:

- 3/4 cup low-fat, sugar reduced flavoured yogurt (regular or Greek)
- 1 cup milk or fortified soy beverage
- 1/4 cup roasted chickpeas

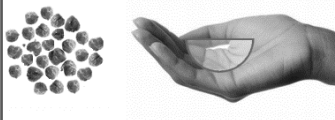
Yogurt

3/4 cup (175 mL) = 1 fist



Roasted Chickpeas

1/4 cup (40 mL) = Cupped hand



Milk or fortified soy beverage

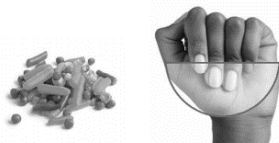
1 cup (250 mL) = 1 fist



If wanting a larger snack, add:

- Raw vegetables with a small amount of low fat dip or 1 cup broth-based vegetable soup
- Include water, coffee, tea, or a sugar-free beverage with your snack as needed

Fresh, frozen or canned vegetables
1/2 cup (125 mL) = 1/2 fist



Water

Quench your thirst with water. Add extra flavour with cucumber slices, mint, berries, lemon, lime or orange wedges.



Leafy vegetables

1 cup (250 mL) = 1 fist



Recipes:

Stovetop Popcorn Recipe: Makes 8 cups. 1 serving is 3 cups popped popcorn

Ingredients:

1 Tbsp Canola oil
¼ cup popcorn kernels

Directions:

1. In a medium-large pot, heat canola oil over medium-high heat. Add 3 popcorn kernels.
2. When the kernels pop, add the remainder of the kernels and place the lid on the pot. Remove from heat and shake the pot occasionally while counting to 30. (Count out loud: it's fun to do with kids.)
Alternatively, you can wait until the popcorn slows to 3-5 seconds between pops.
3. If desired, mix one of the homemade popcorn flavours in a small bowl, sprinkle over popcorn, and toss.

Sweet Spiced Flavour:	Tex-Mex Flavour:	Italian Flavour:
1 tbsp sugar or Splenda 1 tsp cinnamon ¼ tsp nutmeg	2 tsp chili powder 2 tsp paprika 1 tsp cumin 1/8 tsp garlic powder	1 tsp garlic powder 1 tbsp Italian seasoning

Recipe from Heart & Stroke Foundation

Roasted Chickpea Recipe: Makes 2 cups. 1 serving is ¼ cup roasted chickpeas

Ingredients:

1-19oz can chickpeas, drained and rinsed
1 Tbsp canola oil

Savoury Pizza Crunch Flavour:	Southwestern Spice Flavour:
2 tsp parmesan cheese 2 tsp dried oregano 1 tsp garlic powder	2 tsp chili powder 1 tsp cumin ¼ tsp black pepper 1 pinch salt 1 pinch cayenne pepper (optional)

Directions: Preheat oven to 350°F

1. Drain and rinse chickpeas in a colander. Dry them really well in a paper towel.
2. Place chickpeas in a bowl, toss with canola oil, and set aside.
3. In a small bowl, mix one of the above flavour mixtures and toss on chickpeas.
4. Place chickpeas on an ungreased baking sheet lined with foil. Bake for 70 minutes (1 hour and 10 minutes) or until crunchy. Store in an airtight container up to 3 days.

Recipe from nuton.ca

Yogurt Peanut Butter Apple Dip: Makes 4 servings

Ingredients:

½ cup plain yogurt
3 tablespoons peanut butter
1/8 tsp cinnamon

Directions:

1. In a small bowl, stir all ingredients until well-blended.
2. Served chilled with sliced apples or your favorite fruit. Enjoy!

Recipe from Happy Healthy Mama