

Healthy Snacks, Tips, and Meal Ideas for going back to school

- **Choosing water** instead of juice or sports drinks will prevent tooth decay and prevent “sugar crashes.” Try a maximum of a half a glass or 125ml of orange juice a day with meat to increase your iron absorption!
- Reduce and limit processed sugar and chocolate snacks. **Real sugars like fruits are better because they contain important vitamins and minerals** that candy does not have. For example, one M&M has no vitamins but half an orange has lots of vitamin C!
- Different coloured vegetables contain different vitamins so **try to pair a bright red vegetable with a dark green one each day**. For example, **red peppers** are high in Vitamin K, Thiamin, Riboflavin, Niacin, Potassium and **broccoli** is high in vitamin E, iron, and calcium.
- Try to pack **2 snacks and a lunch** for when kids go to school to support their growing bodies. A 125ml yogurt cup, an apple, 1/2 cup of trail mix (nuts, seeds, and dried fruit), a 250ml 1% to 2% unsweetened milk or soy drinks are good snack ideas.

<p>Cut up veggies like red peppers, carrots, and cucumber with 2 tablespoons of hummus or almond butter.</p>	<p>Hummus recipe: In a blender, mix 1.5 cups cooked chickpeas, The juice of 1 large lemon, 1/4 cup peanut butter, 1 small garlic clove, minced, 2 tablespoons olive oil, Salt to taste, and 2 tablespoons of water.</p>	
<p>Bannock (try a wheat-free flour like almond flour if you have celiac disease)</p>	<p>3 cups sifted flour, 1 teaspoon salt, 2 tablespoons baking powder, water, vegetable oil.</p>	
<p>Oatmeal with fruit</p>	<p>½ cup of cooked oatmeal with 1 cup of cut up apple or banana. Add as many seeds or grains as you like. Maybe even a bit of cinnamon to flavour it. Great for breakfast!</p>	
<p>Crackers, cheese, and meat</p>	<p>7 crackers, a few cubes of cheese, and a slice of smoked fish. Try rice crackers if you have celiac disease.</p>	
<p>Bagel or slice of bread</p>	<p>½ a bagel or 1 slice of bread <u>is one serving</u> of grain. The Canada food guide recommends children 4-8 years old should have 4 servings of grains a day. Try Amy’s gluten free buns if you have celiac disease.</p>	