

CREATE THE PERFECT SNACK!

1 Choose a food that's high in carbohydrates!

- Fresh fruit (apple, pear, banana, etc.)
- Fruit purée
- Raw vegetable pieces (carrots, cucumbers, etc.)
- Frozen fruit
- Dried fruit (raisins, dates, etc.)
- Crackers
- Bread (sliced, pita, English muffin, etc.)
- Homemade muffin
- Homemade cereal bar
- Oatmeal
- Yogurt
- Other vegetables and fruits, grain products, or milk and substitutes

To have energy!



2 Add a protein-rich food!

To help us make it to the next meal!

- Peanut butter
- Roasted chickpeas
- Nuts and grains
- Hummus (chickpea spread)
- Tofu spread
- Cheese (cheddar, cottage, etc.)
- Milk
- Enriched soy drink
- Homemade milk pudding
- Yogurt
- Tuna spread
- Other protein-rich foods



Yum yum!

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