

CREATE THE PERFECT SNACK

1 Choose a food that's high in carbohydrates

- Fresh fruit (apple, pear, banana, etc.)
- Fruit compote
- Crackers
- Bread (slices, pita, English muffin, etc.)
- Dried fruit (raisins, dates, etc.)
- Frozen fruit
- Yogourt
- Raw vegetable pieces (carrots, cucumbers, etc.)
- Homemade muffin
- Homemade cereal bar
- Oatmeal
- Other

These are foods from the Grain Products, Vegetables and Fruit or Milk and Alternatives food groups.



To have energy

2 Add a protein-rich food

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

These are foods from the Meat and Alternatives or Milk and Alternatives food groups.

To help us make it to the next meal!



Yum yum!

Find other tools, recipes and inspiration at fondationolo.ca

This tool was developed as part of the 1000 Days to Savour Life program, made possible with the support and financial assistance of