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Nutritious and delicious snack ideas

March is Nutrition Month

It's almost March Break and if you're planning a fun-filled week with the family, whether at home or on vacation, your kids are likely to burn a lot of energy.

And to keep going, they're going to need nutritious snacks to get through the day.

"Nutritious meals and snacks help you maintain a healthy body weight, eat more fibre and less salt and sugar," says Gillian Bromfield, Senior Manager Prevention at the Canadian Cancer Society. "For children, providing healthy choices will help them form good eating habits that can last throughout their lives."

To make your week with the kids easier, here are a few healthy snack ideas that are easy to whip up, for at home or on the go, that your kids are sure to love:

- Make smoothies in the blender with plain yogurt, milk and fresh or frozen fruit, such as berries, bananas or peaches. Your kids will feel like they're getting a frozen treat rather than a healthy snack!
- Cut up fresh vegetables, such as carrots, celery, cucumbers, tomatoes and peppers, and arrange them on a tray with a bowl of hummus or another low-fat dip. Your kids may claim not to want to eat veggies, but before you know it, the plate will be empty, thanks to the tasty dip.
- Create your own trail mix using their favourite dry roasted nuts, seeds and dried fruit.
- Pop some popcorn and discover how tasty it is with nothing on it.
- Build fruit and cheese kabobs with the kids for a tasty and fun-to-make snack.
- Put out a simple plate of cheese and whole grain crackers.

For more information, visit the [Eat Well section](#) of our website.

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