



UNLOCK THE POTENTIAL OF FOOD...

to Fuel!

Stay Energized by Eating Healthy Snacks!

Many of us get busy, and most Canadians report skipping meals or not eating healthy because of work and other activities. It's easy to get distracted and not eat the way we should. Food often becomes an afterthought...

Planning ahead and having healthy snacks on hand can help to keep our body fueled up and save us from grabbing less healthy 'convenience' foods on the go.

Here are some tips!

1. **Plan Ahead!** Pack healthy snacks and keep them on hand for when you get busy.
2. **Be aware of Portion Sizes.** Don't pack large amounts of foods if you know you might mindlessly snack away without noticing.
3. **Listen to Hunger Cues.** Ask yourself—Am I really hungry? Or do I want to eat because I am bored, tired, or stressed?
4. **Don't get Distracted.** Avoid snacking when looking at a screen, doing work, or driving. It's easy to get carried away and not notice when you're full.
5. **Think Veggies!** Most of us don't get enough of these. So having them at snack time can help you meet your daily servings.



Adapted from Dietitians of Canada, 2018

Need Ideas?

Here are some healthy snacks for you to try out:

1. Carrots and a yogurt dip.
2. Celery and peanut butter..
3. Yogurt topped with fruit (even frozen or canned fruit!)
4. Cheese and apple slices.
5. Small handful of nuts and dried fruit.
6. Tuna on whole wheat crackers.



Looking for more help?

The Northern Health Region has Dietitians who are happy to meet with you!

In Thompson, Call (204)677-1777

Outside Thompson, Call (204)677-5322

In Flin Flon, Call (204)681-1350

In The Pas, Call (204)623-9650

Have Diabetes? Call (204)677-5333



NORTHERN HEALTH REGION