

Go for the GREEN



Here is a guide to some foods that are often eaten for snacks. Go for the green if you want snacks that are good for you and your teeth.

Snack anytime.

- white milk
- water
- fortified soy beverage
- plain yogurt
- cheese
- raw fruits and vegetables*
- unsweetened applesauce
- unsalted nuts and seeds*
- cooked eggs
- peanut butter
- whole grain breads and cereals
- bagels, english muffins, pita bread
- plain popcorn*
- whole grain crackers, low in fat and salt

Snack occasionally, preferably with meals.

- unsweetened fruit or vegetable juices
- milk puddings
- flavored milk
- milkshakes
- flavored yogurt
- dried fruits* (ex. raisins, cranberries)
- granola bars without chocolate coating
- cookies (ex: oatmeal, raisin, peanut butter)
- muffins or breads (ex: banana, carrot, pumpkin)
- plain whole grain muffins
- crackers, low in fat and salt

Limit food and beverages high in calories, fat, sugar or salt.

- sweetened drinks (ex: pop, fruit-flavoured, sport and energy drinks)
- chocolate and candies* (ex: chocolate bars, suckers, gum)
- potato, nacho, cheese flavored chips or pretzels
- ice cream and frozen deserts
- chewy fruit-flavoured snacks (ex: fruit leathers)
- jellied desserts
- sweet baked goods (ex: donuts, cookies, cakes, pastries)
- sugar-coated cereals
- buttered popcorn*

**** Use caution when serving raw vegetables and fruits to children. Other marked foods are not recommended for children under four years of age because of a greater risk of choking.***