

Health Hints

Snack Attack



Many parents are surprised to learn that some snack foods labelled as healthy actually contain a lot of added sugar.

Read the label and choose snacks that are lower in added sugars.

- ✓ Limit products that list sugar in the first three ingredients:
 - On the ingredient list look for words ending in ‘ose’ to identify added sugars, e.g. glucose, fructose or sucrose.
 - Other forms of added sugar include honey, molasses, cane juice, and maple syrup.
- ✓ Keep in mind 4 grams of sugar equals 1 teaspoon.(5 ml)

Here are some yummy lower sugar snacks for your hungry learner:

- Fresh fruit or canned fruit packed in water or unsweetened juice
- Whole grain toast or crackers with nut butter or hummus
- Plain yogurt with your own fresh fruit or frozen berries added
- Trail mix with seeds and unsweetened dried fruit
- Vegetables and dip



More information for families and schools about Live 5-2-1-0 is available at:

<http://www.live5210.ca/> Click the “Resources & Tools” tab



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