

NMS Nutrition Notes

Snack Attack

Snacks provide an excellent opportunity to help achieve the required number of servings from each food group, as suggested by Canada's Food Guide. The following suggestions are nutritious, delicious, convenient and fun!

Snacks on the Go

Serves 1:

- 83 ml (1/3 cup) of dried fruit (1 fruit serving)
- 1 cheese string (1 milk serving)
- 60 ml (¼ cup) unsalted nuts (1 protein serving)
- 60 ml (¼ cup) baby carrots (1 vegetable serving)
- 1 piece of fresh fruit (1 fruit serving)



No Bake Snacks

Yogurt Juicicles, Serves 8

Canada Food Guide Servings: ½ milk, 2 fruit

Ingredients:

- 625 ml (2 ½ cups) of plain yogurt
- 1 can of frozen juice concentrate
- 8 popsicle sticks
- Popsicle containers or 8 small paper cups

Instructions:

1. Mix ingredients in a blender.
2. Pour into containers.
3. Place in freezer until almost frozen, then place the stick in the middle.
4. Place back in freezer until frozen.
5. Extra Fruity Juicicles: Add chunks of unsweetened frozen, fresh, or canned fruit to the blender.



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No Bake Snacks

Fruit Dip, Serves 4

Canada Food Guide Servings: ½ milk, 1 fruit

Ingredients:

- 250 ml (1 cup) of yogurt
- 250 ml (1 cup) unsweetened frozen fruit, thawed
- 30 ml (2 tbsp) non-fat skim milk powder

Instructions:

1. Mix all ingredients together in a blender or food processor.
2. Serve with an assortment of bite sized fruit (i.e. sliced apples, sliced peaches, grapes). Make sure to have the equivalent of ½ cup/serving of fruit to achieve one Canada Food Guide Serving.
3. Keeps for up to 5 days refrigerated. May need stirring after storage.

Veggies & Dip, Serves 4

Canada Food Guide Servings: ¼ milk, 1 vegetable

- **Ingredients:**
- 250 ml (1 cup) yogurt
- 75 ml (1/3 cup) mayonnaise
- 15 ml (1 tbsp) finely chopped onion
- 15 ml (1 tbsp) finely chopped parsley
- 5 ml (1 tsp) dill weed
- seasoning salt to taste

Instructions:

1. Combine all ingredients.
2. Serve with an assortment of sliced, raw vegetables (i.e. peppers, carrots, celery). Make sure to have the equivalent of ½ cup/serving of vegetables to achieve one Canada Food Guide Serving.

Mini Peanut Butter

Sandwiches, Serves 1

Canada Food Guide Servings: 1 meats & alternatives, 1 grain

Ingredients:

- 8 whole grain crackers
- 30 ml (2 tablespoons) of peanut butter

Instructions:

1. Evenly spread the peanut butter on 4 of the crackers.
2. Top with the remaining crackers.

Fruit & Yogurt Parfait, Serves 2

Canada Food Guide Servings: 1 milk, 1 fruit, 1 grain, 1 meats & alternatives

Ingredients:

- 375 ml (1 ½ cups) of your favourite yogurt
- 250 ml (1 cup) berries (sliced if they are large)
- 125 ml (½ cup) of low-fat granola type cereal
- 2 tbsp sliced almonds
- 2 clear glasses

Instructions:

1. In each glass layer ¼ of the yogurt, then ¼ of the berries.
2. Repeat and top each cup with ½ of the granola and almonds.
3. Consume immediately or refrigerate for up to 1 hour.



Hot Snacks

Cheese Shreddies™, Serves 4
Canada Food Guide Servings: ½ milk, ½ grain

Ingredients:

- 375 ml (1 ½ cups) Shreddies™
- 180 ml (¾ cups) grated cheese

Instructions:

1. Place Shreddies™ in a shallow baking pan and sprinkle with grated cheddar.
2. Broil until cheese is melted.
3. Cool and serve.
4. Can be stored tightly covered in the fridge.

Cheese Puffs, Serves 4
Canada Food Guide Servings: 1 milk, 1 grain

Ingredients:

- 375 ml (1 ½ cups) grated cheddar cheese
- 60 ml (¼ cup) butter or margarine
- 250 ml (1 cup) all purpose flour
- 1/8 tsp salt

Instructions:

1. Combine all ingredients in and mix until smooth.
2. Roll into small balls the size of marbles; you should have enough dough to make 24 puffs.
3. Place puffs on cookie sheet and bake at 350°F for 15 minutes.



Jiffy Pizza, Serves 2
Canada Food Guide Servings: 1 grain, ½ milk, ½ vegetable

Ingredients:

- 1 whole grain English muffin, cut in half
- 125 ml (½ cup) tomato sauce
- 125 ml (½ cup) shredded mozzarella cheese

Instructions:

1. Toast the English muffin.
2. Spread tomato sauce on the English muffin.
3. Top with mozzarella cheese and broil until bubbly.
4. Veggie Pizza - Top with green peppers or mushrooms, before cooking.

Cinnamon Delight, Serves 1
Canada Food Guide Servings: 1 grain, 1 fruit

Ingredients:

- 1 slice whole grain bread
- 125 ml (½ cup) unsweetened applesauce
- cinnamon

Instructions:

1. Toast the bread.
2. Spread the applesauce over the toast.
3. Sprinkle with a little cinnamon.



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Beverage Bonanza

Choc On The Rocks, Serves 1
Canada Food Guide Servings: 1 milk

Ingredients:

- 250 ml (1 cup) chocolate milk
- Ice cubes

Instructions:

1. Fill your glass $\frac{1}{4}$ of the way with ice cubes.
2. Pour the chocolate milk over the ice cubes.

Fruit Shake, Serves 2
Canada Food Guide Servings: 1 milk, 1 fruit

Ingredients:

- 200 ml ($\frac{3}{4}$ cup) milk
- 200 ml ($\frac{3}{4}$ cup) plain or fruit flavoured yogurt
- 200 ml ($\frac{3}{4}$ cup) drained canned fruit, or sliced fresh fruit
- 30 ml (2 tbsp) frozen orange juice concentrate

Instructions:

1. Mix all ingredients together in a blender.



Funky Monkey Shake, Serves 2
Canada Food Guide Servings: $\frac{1}{2}$ meats & alternatives, $\frac{1}{2}$ fruit, 1 milk

Ingredients:

- 1 fresh or frozen banana
- 250 ml (1 cup) plain or vanilla yogurt
- 30 ml (2 tbsp) peanut butter
- 250 ml (1 cup) chocolate milk

Instructions:

1. Mix all ingredients together in a blender.
2. Enjoy immediately!
3. For Chocolate Lovers: Add 15 ml (1 tbsp) cocoa powder

Orange Creamsicle, Serves 4
Canada Food Guide Servings: 1 milk and 1 fruit

Ingredients:

- $\frac{1}{2}$ can frozen concentrated orange juice
- 250 ml (1 cup) frozen vanilla yogurt
- 250 ml (1 cup) low-fat milk

Instructions:

1. Mix all ingredients together in a blender.
2. Serve immediately.
3. *Save the other half of the can to make juice later!

Fizzy Juice, Serves 1
Canada Food Guide Servings: 1 fruit

Ingredients:

- 125 ml ($\frac{1}{2}$ cup) fruit juice
- 30 ml (2 tbsp) soda water

Instructions:

1. Combine all ingredients.



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