

Healthy Snacks



- All fruits are very good snack choices. They can be eaten either fresh, canned, dried or as a sauce;
- All vegetables are very good snack choices. If you want to eat raw vegetables with a dip, prepare the dip with plain yogurt or mayonnaise and add ketchup. This recipe is a tasty healthy dip;
- Cereals: choose whole grain cereals that are low in sugar such as Multi Grain Cheerios®, Shreddies®, Just Right®... Their fibre and nutritional content helps reduce hunger;
- Yogurt, drinkable yogurt and yogurt tubes;
- Uarutilik or suvalik;
- Nuts such as almonds, peanuts or walnuts;
- Cheese;
- Oatmeal cookie, especially if homemade;
- Slice of bread or bannock with peanut butter;
- Nikkuk or pitsik;
- Muffin, especially if homemade: homemade cookies and muffins contain less sugar and contain healthier fats than commercial cookies and muffins from the grocery store;
- Milk, chocolate milk and 100% pure fruit juice.



★ It is better to choose a snack that includes foods from the Nunavik Food Guide.

