

Choosing Healthy Snack Foods



The healthiest snacks are fresh, **whole foods such as fruits, vegetables, nuts and seeds**

Looking for a packaged snack?



Check the ingredient list

The first item on the ingredient list should read **whole grain**



Choose fried snacks such as chips, veggie chips, and banana chips less often

Check the nutrition facts table. Look for a snack that has:

5% or less daily value of saturated fat

0g of trans fat

5% or less daily value of sodium

15% or more daily value of fibre

Disclaimer: These tips are for information only. They do not replace advice from your doctor.

Nutrition Facts Valeur nutritive

Per 2 slices (20g) / pour 2 tranches (20g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 70	
Fat / Lipides 1.5g	2%
Saturated / saturés 0g + Trans / trans 0g	0%
Cholesterol / Cholestérol 0mg	0%
Sodium / Sodium 70mg	3%
Carbohydrate / Glucides 12g	4%
Fibre / Fibres 4g	16%
Sugars / Sucres 0g	0%
Protein / Protéines 2g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	4%



Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.