

NUTRITION BITS AND BITES

Smart Snacking



DID YOU KNOW?

An adult's stomach is about 12 x 6 inches, whereas a child's stomach is about the size of their fist. Children can benefit from snacks to get the nutrition they need in a day!

Fueling your body throughout the day

- Eating a snack between meals can be a good way to satisfy hunger or fuel your body for an upcoming activity!
- Learning to satisfy your body in a positive way is important for your well-being.
- Getting your kids involved in preparing snacks can be a valuable way to get them interested in food and nutrition.
- There are no “good” or “bad” foods! All foods can contribute to growth and development; your body appreciates variety!
- Making snacks at home is great. It can save money, get the family involved, and allow you to make the snack how you like it!
- Try starting with a small portion and then reaching for more if you still are hungry. Eat mindfully and assess along the way if the snack has satisfied you!
- Planning a snack in advance can set you up for success to prevent a ‘hangry’ feeling in between meals.

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

Eggnog Chia Pudding

Ingredients

2 cups Eggnog

1/2 cup Chia seeds

Optional: Top with whipped cream, cinnamon, and nutmeg

Involve your kids by letting them:

- Measure the ingredients
- Add the ingredients to the bowl
- Stir the pudding
- Spoon the pudding into cups

Recipe from:

<https://downshiftology.com/recipes/eggnog-chia-pudding/>

Instructions

Step 1: In a mixing bowl, stir together the eggnog and chia seeds. Let it sit for 10 minutes, then stir again once the seeds have started to gel.

Step 2: Cover the bowl and place it in the refrigerator to chill for at least one hour or overnight.

Step 3: Remove the eggnog chia pudding from fridge and give it a good stir. Split the chia pudding into individual cups and add optional toppings.



**** Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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