

# SNACKS THAT MEET THE GRADE

Snacks give kids the energy they need between meals to learn, be active and do the things they love. Use the **Nutrition Facts table (NFt)** to make informed food choices when buying snacks.

Use the Serving Size to understand the information in the NFt. Check the Serving Size and compare it to how much you are planning on eating. If you eat double the Serving Size, then you'll need to double the calories and the amount of nutrients listed. For example, if the Serving Size of whole grain crackers is 4 crackers, and you eat 8 crackers, then double the calories and nutrients listed in the NFt.

- » Buy whole grain crackers with more fibre and less sodium.
- » For cereal and granola bars, choose ones with whole grains as the first ingredient and offer more fibre and less sugar.
- » As for cheese, go for the lower fat versions with less than 20% milk fat (M.F.). And for yogurt, opt for the lower fat plain version more often.



## KNOW THIS

Use the % Daily Value (% DV) to compare food products and see if the food has **a little or a lot** of a nutrient. Remember 5% DV or less is a little and 15% DV or more is a lot.

Learn more at [Canada.ca/NutritionFacts](https://Canada.ca/NutritionFacts)



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