

# 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.

# 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

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.