



Back to school brings these youngsters into the sweaters and pants. The young models displayed fashion scene with mix and match co-ordinates in the clothes at Markville Shopping Centre last week.

Back to School

There's a knack to snacks

We are a snacking generation. We grab a bite, take a break, open the fridge, eat on the run. Snacking is now a way of life.

Is Snacking OK?

Snacking is perfectly acceptable when you select good snacks. There is no scientific basis for limiting food intake to three meals a day. Meal-eating has simply become a custom. But more frequent eating can be equally sound, health-wise. In fact, it may even be advantageous, especially for children, whose food needs are high because of their demands of growth and activity.

But snacking has a poor reputation. Many of the traditional snack foods are high in sugar, fat, and/or salt but low in

nutrients. Snacking on these foods satisfies the appetite, but the teeth and waistline suffer. It's the types of foods selected for snacking, not the activity itself, that deserve to be questioned.

What is a Good Snack

Snacks can be both tasty and nutritious. Health-wise there are two criteria for a good snack: 1) it should contain a substantial amount of nutrients; 2) it should not contain sugar. Recent evidence has shown that even a small amount of sugar eaten between meals damages the teeth. This includes all kinds of sugar — white, brown, honey, molasses, maple syrup, etc. Dried fruits are also damaging to the teeth when eaten as snacks because of their concentration of natural sugar

and the stickiness of the fruit. So You Want To Snack Right

If you want to snack better, follow some of these suggestions

Next time you reach for a snack, look for a nutritious one. If the choice of good snacks is limited where you buy, encourage your vendor to carry a better selection. Your Health Department nutritionist can supply you with a list of the many nutritious products now available. Or you may wish to carry your own for times when you know you'll want a snack, eg. coffeebreak. And keep cupboards and the fridge at home stocked with good snacks — don't bother buying the poor ones.

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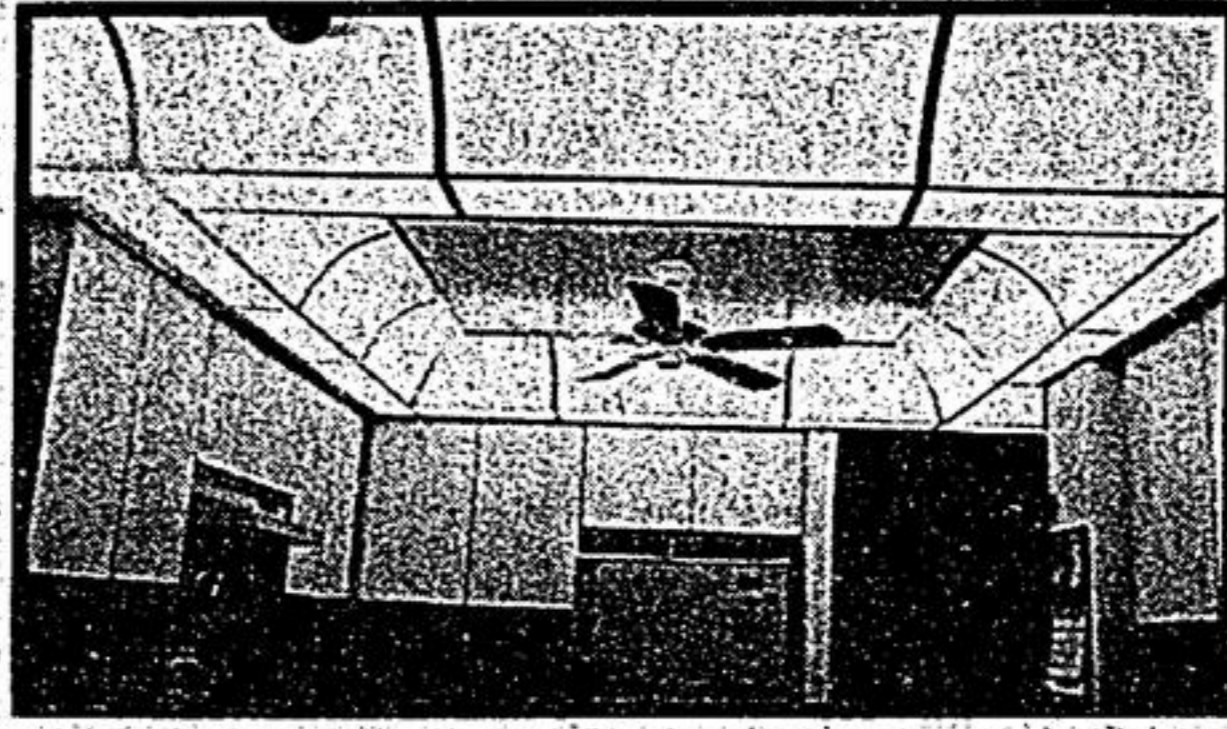
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