

Resource Guide

[October 2025]

Snacks to fuel your workday

- On busy workdays, it is common to reach for a quick snack to stay energized and focused. These snacks may seem harmless, but they are often unhealthy and chosen for convenience.
- Snacks can be both nutritious and satisfying with a little bit of planning.
- The best options are made from fresh, whole foods and include a mix of fibre, protein, and healthy fats.
- Try creating your new go-to snack by mixing and matching items from the lists below:

Fibre	Protein and/or healthy fats
<ul style="list-style-type: none">• Berries• Vegetables• Homemade granola• Whole grain crackers• Popcorn• Chia	<ul style="list-style-type: none">• Cheese• Greek yogurt• Hardboiled egg• Tuna• Nuts or nut butters• Edamame



To learn more about healthy eating and dietary guidelines, visit [Canada's food guide](#).