

Healthy Foods From Home

Healthy Snacking For Kids



Smart Snack Ideas

- Raw vegetables with low-fat dip and milk
- String cheese and fruit
- Low-fat yogurt and fresh fruit
- Whole grain crackers with cheese
- Apple slices and celery sticks with peanut butter
- Air-popped popcorn with 100% juice
- Baked chips with salsa
- Milk or yogurt smoothies with fruit
- Pretzels or whole wheat pita slices with hummus
- Trail mix or granola with milk
- Snack-size applesauce or fruit cups with granola
- Graham crackers and milk
- Flavored rice cakes spread with peanut butter
- Low-fat granola bars with fresh fruit
- Whole grain cereal and milk
- Low-fat pudding cup with 100% juice
- Hard-boiled egg with 100% juice
- Dried fruit and milk
- Low-fat frozen yogurt with fresh fruit

Snacks are a great way to get all of the nutrients you need for the day. It's important to choose snacks that are healthy and give you energy to keep you alert. Smart snacking between meals is a great way to make sure you are getting the vitamins and minerals that your body needs!

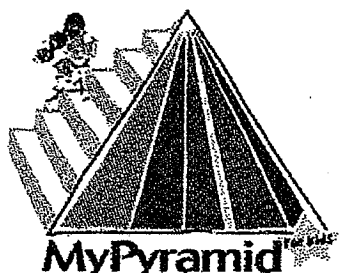
Snack Recipe: After School Snack Mix

- 1 cup whole grain cereal (squares or Os work best)
- ¼ cup dried fruit of your choice
- ¼ cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ¼ cup small, whole-grain snack crackers or pretzels

Measure the ingredients and combine them in a large bowl.

This recipe makes four 1/2 cup servings.

Snacks should be part of a healthy diet! It is important to include foods from a variety of food groups to make sure you are getting all of the nutrients you need!



For more information about the nutrients you need, go to <http://www.mypyramid.gov/kids/index.html>

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Smart Snacking Tips

When it comes to snacking, what you eat is not the only thing to pay attention to. It is also important to think about when you are eating and how much you are eating.

It is a good idea to make sure snack time is not too close to meal time. Otherwise, your body does not have a chance to use the energy from snacking before you take in even more energy from your meal. When you eat more energy

than you need all the time, you gain weight.

How much you eat is important too. Snack time is not the same as meal time. The amount of food eaten between meals should be less than what you would eat at lunch or dinner. When choosing a snack, pay attention to what a serving size is listed on the Nutrition label. This information is very useful when planning a healthy snack!