

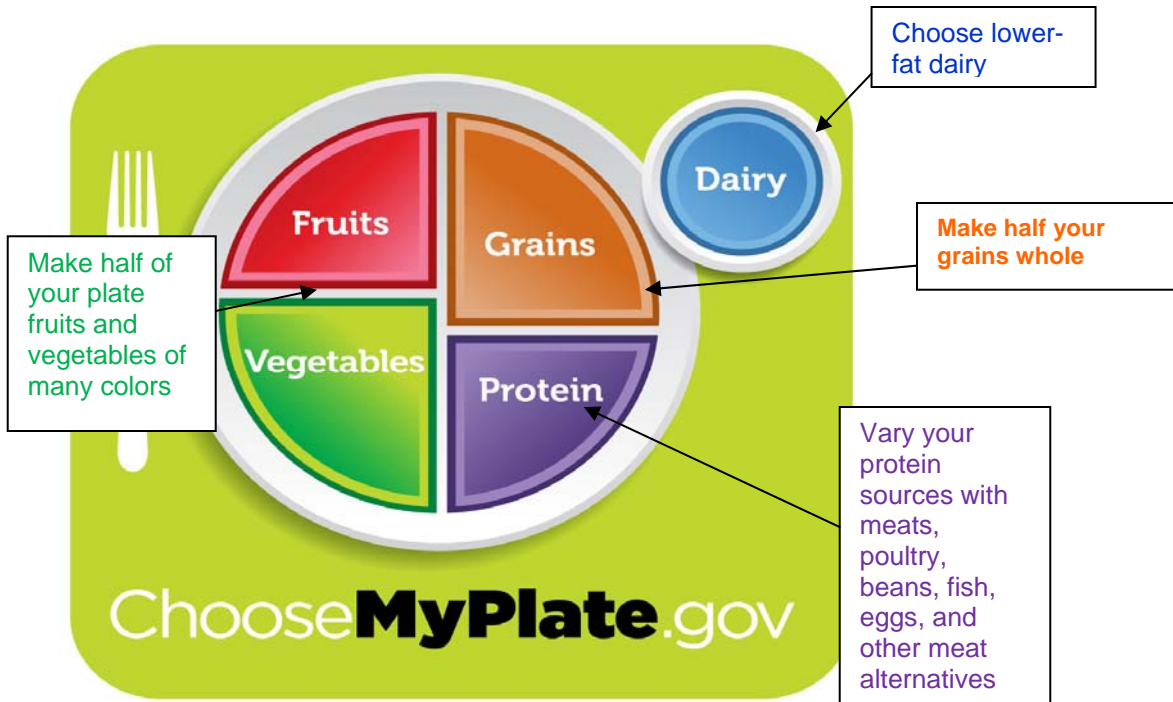
S.N.A.C.K.S.

(Simple Nutrition Advice for Cool KidS)

Snacks are an important part of good nutrition for kids. Healthy snacks provide energy to get through the day. Most active children need more energy than three meals can provide. Small meals, or snacks in between, help give children the energy they need. Teens need healthy snacks as well. Often they choose fast food or convenience food for meals. A few healthy snacks can help balance their diet.

Use MyPlate

- Use MyPlate to choose healthy snacks. If one of the food groups was not offered at the last meal, make a point to offer that food for a snack.
- Keep snacks small - about 100 to 200 calories. Follow suggestions for serving sizes as listed below.



Grains	Vegetables	Fruits	Milk	Meat & Beans
2-8 yrs = 3-5 oz	2-8yrs = 1-1½ cups	2-8yrs = 1-1½ cups	2-8yrs = 2 cups	2-8yrs = 2-4 oz
9-18 yrs = 5-7 oz	9-18 yrs = 2-3 cups	9-18 yrs = 1½--2 cups	9-18 yrs = 3 cups	9-18 yrs = 5-6 oz

1 oz. grain = 1 slice bread, 1 cup of dry cereal, ½ c. cooked rice, pasta or cereal.

1 oz. meat/beans = 1 egg, 2 tablespoons of peanut butter, 1/8 cup nuts, ¼ cup cooked dry beans.

For more information on MyPlate, go to www.ChooseMyPlate.gov.

Bread, grains and cereal

- Sandwiches: half (1/2) sandwich with peanut butter and jelly or banana; ham or turkey; egg or tuna salad; cheese; hummus; bean spread
- Muffins, bread, hard rolls; bagels or mini-bagels with cream cheese or jam
- Mini-waffles with fruit; fruit bread
- Toasted English muffin with cheese, peanut butter or jam
- Graham or whole-wheat crackers with juice or milk
- Crackers with cheese or cheese spread
- Popcorn*
- Pretzels with mustard, cream cheese or yogurt
- Pretzel chips*
- Granola or cereal bars*
- Oatmeal, molasses or peanut butter cookies
- Fig bars, ginger snaps
- Rice Krispie® treats
- Animal crackers
- Saltine® or oyster crackers
- Angel food cake with fresh fruit
- Baked potato or tortilla chips with bean dip or yogurt dip
- Pita triangles with hummus, cheese or peanut butter
- Cooked rice with milk, cinnamon and a light sprinkle of sugar

Fruit (fresh, frozen, canned and dried)

- Banana or apple slices with peanut butter or yogurt dip
- Fruit salad cup
- Canned fruit cup
- Applesauce
- Frozen fruit pop made with 100% fruit juice
- Fruit juice (limit to 8 ounces per day)
- Fruit kabobs* (use pineapples, banana, grapes and apples)
- Dried fruit* (raisins, apricots, bananas, apples)
- “Fruit to go” (great for teens so they can grab and go!)

Dairy foods

- Milk; yogurt or frozen yogurt
- Fruity milkshake: put ice cream or yogurt in a blender with fruit
- String cheese, cheese slices, cheese cubes, “American cheese roll-up” (roll a slice of deli meat in a slice of American cheese)
- Cottage cheese with fruit or veggies
- Hot cocoa (made with milk) and marshmallows
- Low-fat pudding or baked custard

Vegetables

- Raw vegetables* such as baby carrots, celery sticks, cucumber slices, green pepper rings, radishes, tomato wedges, cherry tomatoes, broccoli or cauliflower, zucchini slices, sweet peas
- Vegetables with dip (see recipe on the next page for “Vegetable Dilly Dip”)
- Vegetable juice

Meat, eggs and protein

- Deviled or hard-boiled eggs
- Nuts* and seeds* (make a trail mix)
- Meat, bean dip or hummus
- Thin-sliced deli meats
- Peanut butter

Note: Foods marked with an asterisk (*) are possible choking hazards and should not be offered to children less than 3 years of age.

More snacking tips

- Limit less nutritious snacks such as soda, chips and candy.
- Keep juice intake to 8 ounces per day or less. Your child will not grow well if he or she has too much juice.
- Read labels on convenience foods before you purchase them. Look for snack foods with at least 10% Daily Value for Vitamin A & C, calcium or iron.
- Prepare fruits and vegetables ahead of time so that they are easy to eat.
- Choose an area for children to eat snacks. A routine is important.
- Do not allow children to “graze” on snacks all day. It is helpful to set a snack time during the day. For example, afternoon snacks may be offered at 3 p.m. and evening snacks at 8 p.m. This way your child knows when to expect a snack.
- Plan ahead so snacks can be healthy.

Vegetable dilly dip recipe

- 2/3 cup low-fat cottage cheese
- 1/3 cup plain low-fat yogurt
- 1 tsp. lemon juice
- 1 tsp. dill weed
- 1 tsp. minced dried onion

Blend cottage cheese, yogurt, lemon juice, dill weed and onion in a blender until smooth. Put dip in a small bowl and chill in the refrigerator. Enjoy with your favorite vegetables.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.