

## Smart Snacking

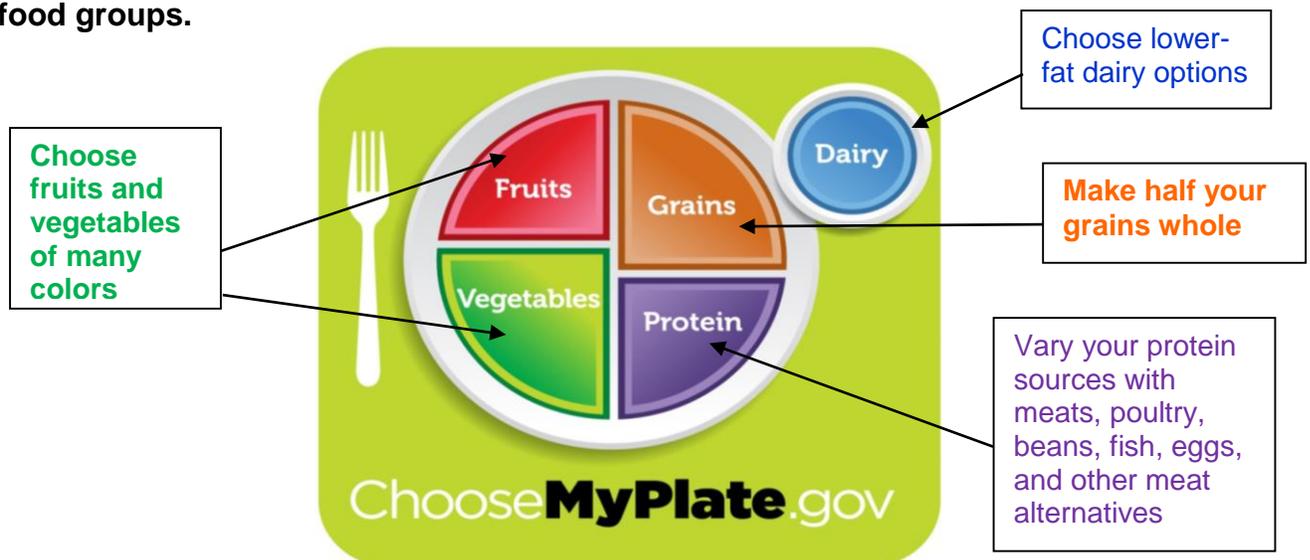
Healthful snacks are an important part of good nutrition and provide active kids and teens the energy they need to get through the day. Snack time is a great time to meet nutrition needs from food groups missing or lacking during the day. Choosing a snack with fiber or protein will help prevent feeling hungry between meals.

### Snack Tips

- Think about what food groups are missing from regular meals. For example have you had something from each of the five food groups? If not, think about adding these to a snack.
- When it comes to smart snacks, think outside the box. Snacks do not have to be packaged in order to be easy.
- Serve snacks at the table with all electronics off. Try to serve snacks at the same time each day. A routine is important to avoid grazing.
- Plan ahead and try to portion snacks ahead of time. For example, cut up watermelon or pineapple and split into several containers for the week.
- Fruit juices can be damaging to teeth. Your child may not grow well if they have too much. Choose whole fruit over fruit juice.
- Read labels on convenience foods before buying. Aim for snack foods with at least 3 grams of fiber in each serving.

### Use MyPlate Concepts

- Use MyPlate below to help choose balanced snacks. **For snacks, aim for 1-2 different food groups.**



For more information on MyPlate, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Grains**

<ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Whole wheat English muffin</li> <li>• Mini whole wheat waffles</li> <li>• Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Graham cracker or whole wheat crackers</li> <li>• Granola bar*</li> <li>• Pita</li> <li>• Popcorn</li> </ul>
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**Fruit**

<ul style="list-style-type: none"> <li>• Any fresh fruit</li> <li>• Fruit salad</li> <li>• No sugar added fruit cup</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit kabobs*</li> <li>• Dried fruit*</li> <li>• Applesauce</li> </ul>
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**Dairy**

<ul style="list-style-type: none"> <li>• Low-fat milk</li> <li>• Low sugar yogurt</li> <li>• Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• String cheese, cheese slices or cubes</li> <li>• Kefir or low sugar yogurt drinks</li> <li>• Smoothies: yogurt, milk and frozen fruit</li> </ul>
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**Protein**

<ul style="list-style-type: none"> <li>• Thin-sliced deli meats</li> <li>• Hard-boiled eggs</li> <li>• Hummus or other bean dip</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts* and seeds*</li> <li>• Peanut butter</li> <li>• Cashew, almond or sunflower seed butter</li> </ul>
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**Vegetables**

<ul style="list-style-type: none"> <li>• Any raw vegetable: carrots, cucumbers, broccoli, cauliflower, bell peppers, cherry tomatoes, sugar snap peas</li> </ul>	<ul style="list-style-type: none"> <li>• Pair vegetables with dip. See “Vegetable Dilly Dip” recipe below</li> </ul>
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**Vegetable Dilly Dip**

2/3 cup plain yogurt  
 1/3 cup sour cream  
 1 teaspoon lemon juice  
 1 teaspoon dill weed  
 1 teaspoon dried onion

Directions: Combine all ingredients in a small bowl and mix well. Chill in the refrigerator.

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

**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.**