

# Healthy Snacks

## WHY DO KIDS NEED TO SNACK?

When properly planned, snacks are an important way to help kids get the nutrients and energy they need. A child's stomach is much smaller than an adult's; therefore they should eat more often. Providing a snack twice a day for young kids (midmorning and afternoon) and once a day for school age kids and teens, will help meet those needs .



## WHAT SHOULD SNACKS INCLUDE?

Pick 2-3 food groups per snack (1-2 snacks per day)

### Suggested Servings for Snacks

	<b>1-5yrs</b>	<b>6-12yrs</b>	<b>Teens</b>
Milk and Yogurt	½ cup 2 oz (1/4 cup)	1 cup 4 oz (1/2 cup)	1 cup 6 - 8 oz
Vegetable/ Fruit and 100% Juice	½ cup	¾ cup	1 cup
Protein	½ oz	1 oz	1-2 oz
Whole Grains	½ slice or ¼ cup	1 slice or ½ cup	1 slice or ¾ cup

## SNACKING TIPS:

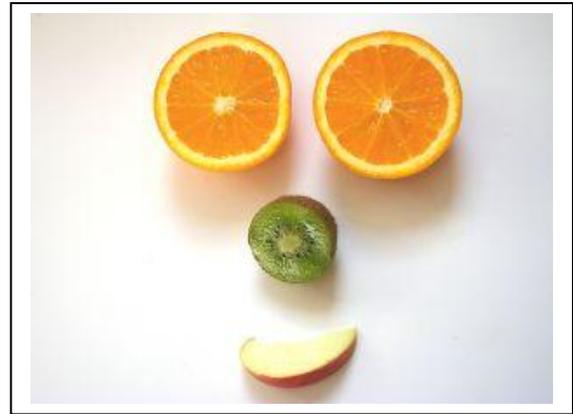
- Stock your home with healthy food choices. Teach your child about eating the healthy "EVERYDAY" foods and to be careful not to over eat the less healthy "SOMETIMES" foods, such as sweets, chips and other foods low in nutrition.
- Avoid grazing/constant snacking between meals. This can dull appetites for the main meal.
- Support your child's independence- let them help you shop for and prepare healthy foods.
- Introduce new foods with games and activities, such as the ones on this sheet!
- Avoid sugary drinks, they add empty calories. Keep juice intake to no more than 4-6 oz/day. Try diluting the juice with water to stretch flavor.

**Please note: for children under 4 years old – avoid foods which may be a choking hazard, such as hot dogs, whole grapes, hard candies, nuts, popcorn, seeds, hard raw vegetables.**

## SNACK ACTIVITIES FOR KIDS

**Veggie People:** provide a variety of cut up vegetables, crackers, pretzels and dried fruit. Use toothpicks to create a person out of the food. Veggie people can be served with low fat veggie dip.

For younger children: have them use the vegetables and fruit to create a face on a tortilla. You can then talk about the parts of the face. Or try making fruit kabobs – cut up fresh fruits and spear them with a straw!



**Snack boxes and Place mats:** have your child decorate an old shoe box or piece of cardboard with pictures they find of various healthy foods, noodles, glitter, anything that makes it their own. Store their snacks in the box and use the placemat whenever they eat to help remind them that they have the power to make healthy choices.

## RECIPE IDEAS

Cucumber Wheels: Sliced cucumber topped with cream cheese  
Sweet topping: raisins, nuts, and honey  
Savory topping: olives and diced bell pepper

Mexican Pinwheels: whole wheat tortilla topped with cream cheese, black beans, and minced scallions or chive. Roll and slice into pinwheels.

Lettuce Roll-ups: Spread one whole leaf of lettuce with tuna salad, chicken salad, or peanut butter. Top with minced vegetables or dried fruit and roll.

Pumpkin Pudding: 1 cup canned pumpkin, 1 package sugar free instant pudding, 1 tsp. pumpkin spice, and 1 ¼ cup milk. Chill and serve with graham crackers.

Peanut Butter & Banana Shake:  
Combine 1 cup milk, ½ cup vanilla yogurt, 1 frozen banana, 2 Tbsp. peanut butter. Blend until smooth...serves 2-4.

### Websites to visit for more information:

Center for Science in the Public Interest Snack Sheet  
[http://www.cspinet.org/nutritionpolicy/snacks\\_summary.pdf](http://www.cspinet.org/nutritionpolicy/snacks_summary.pdf)

Healthy Snack Ideas  
<http://www.pcm.org/health/veginfo/snacks.html>

### Suggested Books:

Pretend Soup and Other Real Recipes by Mollie Katzen

Healthy Cooking for Kids by Gary and Shelly Nulls

American Heart Association's Kid's Cookbook