

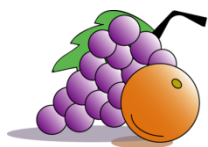
Snack Time

Children cannot eat enough food with just 3 meals.
Their tummies are little.

Children grow best with 3 meals
and 2 to 3 small snacks each day.

Snacks need to be nutritious!

Children who fill their small tummies with candy,
soda and chips will not have room
for nutritious meals and snacks.



Snacks need to be planned!

Children who snack all day long
may not be hungry at meal times.

Try to have 2 hours without eating before a meal.

If you are having lunch at 12:00,
have a snack at 10:00.

Snacks can make up for those foods that
your child may not eat at meal times.

If your child did not eat vegetables at a meal,
offer one of these snacks:

- ☺ Carrot sticks, baby carrots, cherry tomatoes,
or broccoli spears
- ☺ Try something different – raw pea pods,
raw green beans or fresh peas
- ☺ Canned peaches, pears, pineapple, mandarin
oranges (in fruit juice)
- ☺ Banana, apple, orange, kiwi or grapes

If your child did not drink milk at a meal,
offer one of these snacks:

- ☺ Yogurt flavored with fruit
- ☺ String cheese, cheese and crackers
- ☺ Pudding or custard
- ☺ Milkshake, flavored milk, or hot chocolate



Simple Snacks

Keep a bowl of fruit or cut up veggies
in your refrigerator.

What you see is what you will eat!

- ✗ Peel an orange and break
in segments.
- ✗ Slice a banana into chunks.
- ✗ Make apple, mango, papaya
or kiwi slices.
- ✗ Cantaloupe or watermelon
chunks.
- ✗ Strawberries, blueberries,
raspberries.
- ✗ Carrot slices, baby carrots
or shredded carrots make
fun finger foods.
- ✗ Try raw pea pods or
green beans.
- ✗ Serve fruit canned in its own
juice – peaches, pears, apricots,
mandarin oranges.
- ✗ Serve raw broccoli and
cauliflower pieces with
low fat vegetable dip.

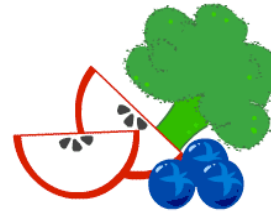
✗ Serve applesauce.

✗ Dip graham crackers
into applesauce.



Fun Snacks

- ☺ **Fruit Kabobs** – Put chunks of fruit and soft cheese on pretzel sticks.
- ☺ **Banana Pops** – Peel a banana and cut in half. Push a popsicle stick into the banana. Spread peanut butter on the banana, roll in crushed cereal, wrap in wax paper and freeze.
- ☺ **Yogurt Sundaes** – Top low fat yogurt with fruit (sliced strawberries, blueberries, chopped peaches) and granola.
- ☺ **Fruit Pops** – Blend fresh fruit or fruit canned in its own juice. Pour into small plastic cups and freeze. Serve with a spoon for a cool summer snack.
- ☺ **Kiwi Bowls** – Cut a kiwi in half and eat with a spoon.
- ☺ **Tortilla Roll** – Spread soft cheese on a tortilla. Top with shredded carrots. Roll up and eat!
- ☺ **Apple Rings** – Remove the core from an apple. Slice the apple into rings. Spread apple rings with peanut butter. Top with raisins.
- ☺ **Mini Sandwich** – Layer ham or turkey slices, lettuce and tomato on whole wheat bread. Cut into 4 small sandwiches.
- ☺ **Graham Cracker Snack** – Spread peanut butter on 2 graham crackers for a quick snack.
- ☺ **Snack Mix** – Make your own snack mix with a variety of low sugar breakfast cereals, dried fruit such as raisins and pretzels.
- ☺ **Mini Pizza** – Toast an English muffin. Top with pizza sauce and shredded mozzarella cheese. Heat in microwave.



Juice or Sugar Water?

You want your child to drink real fruit juice, not sugar water.

Check the label when you buy juice in the store. **Fruit drinks and juices can have the most confusing labels.**

Many **fruit drinks** are fortified with vitamins and minerals. The label may say, “100% vitamin C” which can make you believe it is 100% juice. However, it may be a fruit drink that is mostly sugar water with a few added vitamins.

How can you be sure that you are buying 100% fruit juice?

Read the label:

- ☺ **Choose 100% fruit juices.**
- ☺ If the label says, “**fruit drink**”, look close! Fruit drinks are not 100% fruit juice.
- ☺ If unsure, read the ingredients – **real fruit juice does not have added sugar.**

Be a good role model for your child!

Keep nutritious snacks in your kitchen.

Enjoy a healthy snack together.

