

The Ultimate FAMILY SNACKING Guide



Snacking is an excellent way to add essential nutrition to your day. Especially for children who may be picky eaters. Snacks can be a great way to increase fiber and calcium, and get the essential nutrients that kids need.

One of the keys to successful snacking is being able to read your child, and the given situation. Kids snacking needs vary based on the time of the day.

The following tips should help with successful snacking in your home:

Snacks Should Be...

- **Nutritious as often as possible**, such as fruits, vegetables, low-fat dairy, and whole grains.
- **Determined based on mood, time frame, and taste buds!** It's important to determine if the snack should be sweet or salty. Or a large portion that will take a while to eat vs. a fast on-the-go snack.
- **Pre-portioned.** This should be done in advance. The ideal calorie range is 100 calories per serving. This will help kids to learn better portion control at a younger age.
- **Decided upon ahead of time.** For example: when a child comes home from school, they should have a few snacks that they know they can choose from, so it's not a free for all!
- **More substantial at times.** It is better to offer your child something like a sandwich, bowl of cereal or healthy prepared meal after school, rather than have them jump from one junk food to the next trying to fill up.
- **Selected by the 'snacker' as often as possible, as a way to get kids to eat healthier snacks.** Offer healthy choices, such as low-fat yogurt, baby carrots and dip, whole-grain crackers with low-fat cheese, apples or oranges. Once you have made the food environment safe, allow your child to make the choice.
- **Consumed in a designated snacking area of the house.** This will help to eliminate mindless munching, and also crumbs in the bedroom!
- **Kept out of sight if they are not healthy.** There is nothing wrong with keeping some cookies or other treats in the house. But if the cookie jar is on the counter, and the cut up veggies are hidden behind the fridge door – they'll go for the cookies every time! Keep healthy foods visible, such as a fruit bowl on the table, or small boxes of raisins on the counter.
- **Fun to play with!** Doing things like serving fruit on skewers, or veggies with dips, will help kids to have fun while they are gaining good nutrition too.

Here are some ideas for snacks that resemble junk food – but are actually **NUTRITIOUS!**

Freeze dried fruits and veggies – individual size packages have about 50 calories, and are just the fruit, with nothing added! They look like chips, but with no fat, and lots of nutrition!

Fruit puffs – found in the toddler food section! Again, just the fruit or vegetables, nothing added.. 65 pieces has only 25 calories!

Pizzas! Made with whole grain English muffins, tomato sauce and low-fat shredded cheese, or buy pre-made healthy pizza to save time and energy.

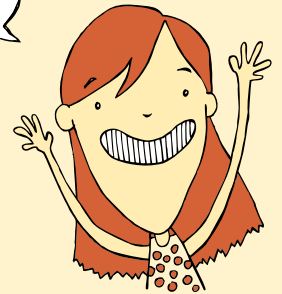
Yogurt tubes – good source of calcium on the go.

Granola bars or cereal bars, which may have a little chocolate drizzled on top, but also provide other good nutrients, without too much fat or calories.

Frozen fruit bars, made with 100% real fruit.

Calcium fortified **fat-free chocolate pudding cups**.

Ice cream cones! Fill waffles cones with cut up fruit and top with some fat-free yogurt.



After a long day at school, a more substantial snack is often required! Here are some **HEALTHY** and **HEARTY** snacks that should hold them over until dinner.

REVISIT BREAKFAST.

A bowl of high fiber cereal with fat-free milk is a very nutritious and filling snack. A whole grain waffle topped with low-fat yogurt and fruit looks like a sundae but packs a nutritious punch!

ANTS ON A LOG.

Fill celery sticks with peanut butter, and top them with raisins. This old favorite is both filling and nutritious.

SMASHING SMOOTHIES!

Use skim milk, fat-free yogurt and fresh fruit to make delicious smoothies, which are loaded with antioxidants, protein and calcium. You can even add a small amount of peanut butter for an additional twist. *Time saving tip:* Buy already prepared yogurt smoothies in the dairy section.



A YOGURT PARFAIT.

Goes a long way when it comes to keeping kids full. Mixing fat-free yogurt, reduced-fat granola (or other high fiber cereal) and fruit is a great way to make a fun and delicious snack, that also has lots of good nutrients that should satisfy your kids until dinner rolls around! *Time saving tip:* If you are on the go, many deli's and even fast food places offer this nutritious combination.

QUESADILLA GALORE!

Using whole grain quesadillas kids can make their own creations. *Time saving tip:* Buy healthy versions prepared already that heat quickly in the microwave and have fun ingredients.