



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

September 2013

Snack on Fruit

Fruit is a perfect snack - it has more nutrition than candy bar or cookie, and no added sugar.

Fruit won't spoil a small child's appetite for his next meal.

Snack on fruit with your child.

Your child won't want to eat a banana if you are eating chips or candy.
Be a good role model for your child.

Fun Snacks

- Fruit kabobs - put chunks of soft banana, peach or strawberry on a pretzel stick.
- Banana Pops - peel a banana and cut in half. Spread peanut butter on the banana, roll in crushed cereal, and wrap in wax paper. Freeze.
- Cut a kiwi in half and eat with a spoon.
- Dip fruit in low fat yogurt. Dip cantaloupe or honeydew chunks, peach or pear slices, raspberries or strawberries.
- Dip apple slices in peanut butter and then dip in granola.
- Top a cracker with a little peanut butter and a strawberry slice.
- Cut green and purple grapes in half and serve.
- Serve cut up fruit in an ice cream cone. Top with a scoop of yogurt.
- Stack strawberry slices, kiwi slices, and banana slices together. Who can make the highest stack?



Blueberry Smoothie

- 1 cup frozen blueberries
- 1 cup frozen peach slices
- 1 cup low-fat vanilla yogurt

1. Blend blueberries, peach slices, and yogurt together in a blender until smooth.

😊 Try this smoothie with any of your favorite fruits - pineapple, mango, strawberries or banana.

😊 Be sure that at least half of the fruit is frozen before blending, and your smoothie will be frothy and cold.

Tropical Smoothie

- 1 cup frozen strawberries
- 1 banana
- 1 cup pineapple or orange juice

1. Blend strawberries, banana and juice together in a blender until smooth.



Are "fruit snacks" a good choice?

No, jelly fruit snacks are mostly sugar.

They have very little real fruit in them.

Some have about 10% fruit juice.

It's better to offer a snack that is 100% fruit with no added sugar.

Eat real fruit!

Time for a Snack

Children have small tummies and need snacks. Three meals a day is just not enough. They need to eat 3 meals each day and 1 to 2 snacks between these meals.

Some children seem to snack all day long.

Can this be a problem? Yes!

- A child could become overweight.
Your child may be eating because the food is there and tastes good, not because he is hungry. Some children will eat when they are bored or stressed. It's easy to overeat.
- A child could suffer from poor nutrition.
A child that snacks all day usually does not eat meals very well. He may not be hungry at mealtimes. His diet can be low in protein, calcium, and iron.

What to do!

Offer meals and snacks at about the same times each day.

♥ Have a Routine - try to keep about 2 hours between each meal and snack:

- If lunch is at 12:00pm, don't serve a snack until 2:00pm.
- If dinner is going to be served at 5:00pm, don't serve a snack after 3:00pm.

Have planned, healthy snacks

- Offer 1 snack between breakfast and lunch.
- Offer 1 snack between lunch and dinner.
- Offer 1 snack before bedtime.



What Can You Do?

- Snack on fruit with my children.
- Have 1 to 2 small planned, healthy snacks during the day.
- Make a fruit smoothie.
- Other: _____



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