



KidFood

Healthy Eating for Today's Kids

Nutrition Matters

May 2015

Summer Snacks

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

Children grow best with 3 meals and 1 to 2 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 1 to 2 hours without eating before a meal.

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

😊 Yogurt Berries

Dip fresh strawberries, raspberries, or blueberries in yogurt. Place on a baking sheet in the freezer. Freeze until yogurt is frozen. Eat or store in freezer bags.

😊 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.



Quick & Simple

*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 food
- 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



Be a good role model for your child!

Keep nutritious snacks in your kitchen.
Enjoy a healthy snack together.
Your child will want to eat what you eat.



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.**

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.
- 😊 **Kiwi Bowls** - Cut a kiwi in half and eat with a spoon.
- 😊 **Tortilla Roll** - Spread hummus 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, pretzels, and dried fruit such as raisins.
- 😊 **Mini Pizza** - Toast an English muffin. Top with pizza sauce and shredded mozzarella cheese. Heat in microwave.



What Can You Do?

- Eat 1 to 2 healthy snacks with my child this summer.
- Choose 100% fruit juice by reading the label.
- Choose fruits and vegetables for at least half of our snacks.
- Other: _____

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Agriculture and Natural Resources



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