

# KidFood

May  
2016

Healthy Eating for Today's Kids



## Snack Time

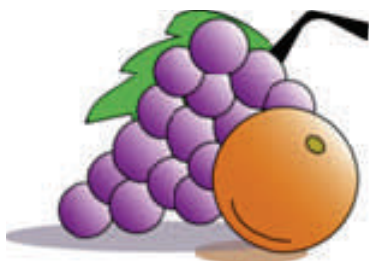
**Children grow best with 3 meals and 2 to 3 small snacks each.**

**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 12:00pm, have a snack at 10:00am.



**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, or 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



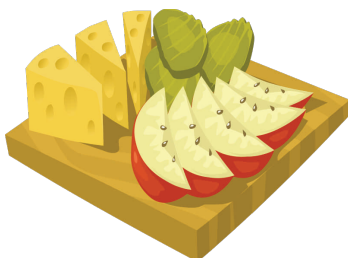
# Snacks

## 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, or 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, or mandarin oranges.
- Serve raw broccoli and cauliflower pieces with low-fat vegetable dip.
- Serve applesauce.
- Dip graham crackers into applesauce.

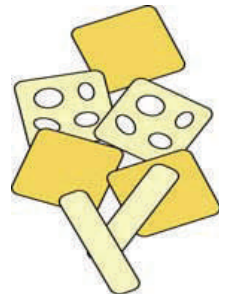


## Pack a Snack!

Children are often hungry. Our lives are also very busy. It can be difficult to keep children happy when running errands and keeping appointments.

**Be prepared – plan ahead and pack a snack!**

- ✓ Crackers are an easy snack. Children love them.
- ✓ Moms love them. Crackers are easy to carry along.
- ✓ The grocery store is full of crackers.

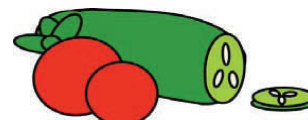


## Veggies to Go!

Bring along some raw vegetables when running errands. Many vegetables will travel well – just pack in a small plastic bag or container and go!

**It's an easy way to help your child learn to eat a variety of healthy vegetables!**

- ♥ Broccoli or cauliflower
- ♥ Baby carrots or carrot sticks
- ♥ Cherry or grape tomatoes
- ♥ Cucumber or zucchini slices
- ♥ Raw green beans or pea pods
- ♥ Raw kohlrabi or rutabaga sticks
- ♥ Green, red, or yellow bell pepper strips
- ♥ Radishes
- ♥ Raw mushrooms





## Fun Snacks

- ♥ **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.
- ♥ **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.

## 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.

**Read the label:**

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.**



## What Can You Do?

- Keep nutritious snacks in your kitchen.
- Enjoy a healthy snack together.
- Other: \_\_\_\_\_



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