



# SHOP SMART EAT WELL

Winter  
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...a quarterly bulletin from CalFresh Healthy Living, UC Placer and Nevada

## It's Okay to Snack

According to the USDA, the average American eats 2.2 snacks per day and gets one quarter of his/her total calories from snacks. Because snacks make up such a large portion of the diet, they can have a big impact on your health. Snacks can be beneficial, if you make the right choices.

When choosing a snack, you have the opportunity to improve your diet. Pick nutrient-dense foods. That means more nutrients for less calories. This will help you meet the recommended intake levels of nutrients (vitamins, minerals, carbohydrates, and protein) your body needs.

**Think of snacks as “mini meals” that help children get the nutrients they need to grow and be healthy.**

Children need to refuel throughout the day to maintain energy and focus in school. They have smaller stomachs and cannot eat enough in one meal to stay full. Snacks will also help to fill the gap of nutrients and food groups missing from meals.



# Snacks vs Treats

Some hear the word snack and think of sweet treats and greasy chips. These foods are examples of “sometimes foods.” They have a lot of calories, but few nutrients. It’s okay to eat these treats once in a while, but when you or your family are hungry and looking for something to eat between meals try one of these ideas instead:

- Fresh, frozen, or canned fruit with low-fat yogurt
- Cut up veggies with hummus
- Whole grain crackers with low-fat cheese or tuna salad
- Apple slices with peanut butter
- Homemade snack bags (see recipe below)



## Grab and Go Snack

*Have the kids help make these on the weekend and keep them handy to grab when you’re on the way out to practice or late for school.*

Makes 1 serving

### Ingredients

- ¼ cup whole grain cereal squares
- 6 mini pretzels
- 4 dried apricots
- 1 tablespoon Pepitas (pumpkin seeds)
- 1 tablespoon dried peas

### Directions

1. Place all ingredients in a snack-size plastic bag.
  2. Seal for later or enjoy now!
- Option: Substitute your favorite dried fruit and seeds.

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