

## Why Snacks?

**Most kids like snacks. That's great! Think of snacks as mini-meals that provide nutrients and energy your child needs to grow, play, and learn.**

### Help your child snack smart.

Children have small stomachs. So they probably eat less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.

**Keep food group snacks handy:** for example, raw vegetables, fruit, 100% fruit juice, milk, cheese, yogurt, bread, peanut butter, and hard-boiled eggs.

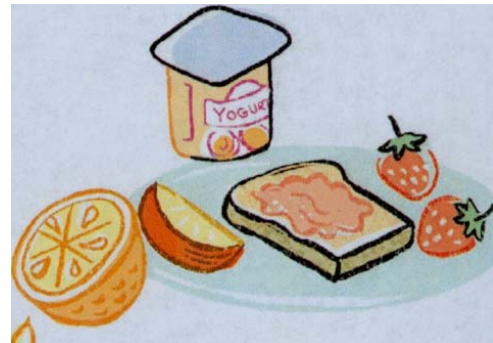
**Let snacks fill in the gaps.** If your child misses juice for breakfast, offer fruit at snack time.

**Time snacks carefully.** Have a snack two to three hours before meals. That way your child will be hungry for lunch or supper.

**Offer snacks to satisfy hunger.** Skip the urge to offer a snack to quiet behavior. This can lead to emotional overeating later.

**Keep snacks small.** If your child is still hungry, he or she can ask for more. Let your child decide what's enough.

**Encourage tooth brushing after snacking** - especially after eating bread, crackers, and sweet foods.



**Snack wisely yourself!** Do you snack when you feel stressed or bored - or just when you're hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model.

**Go easy on snacks with added sugars, such as candy, cookies, soda, and fruit drinks.**

**Offer milk, juice, or water as snack drinks.** Soft drinks and fruit drinks that are not 100% fruit juice can crowd out foods your child needs to grow and stay healthy.

**Make healthy foods the usual choice for snacks.**

#### Parenting tip:

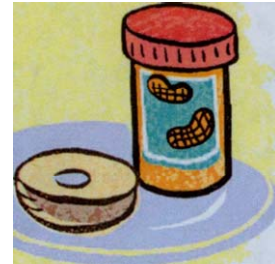
Sometimes kids say they're hungry when they really want attention. Take a little time with your child - talk or do something fun before offering food. Your child will let you know if he or she really is hungry.

## Why Snacks?

Smart snacking is good for your whole family!

### Quick snacks:

- Whole fruit, sliced into small pieces
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Cheese and crackers
- Bagel and peanut butter
- Frozen yogurt



### Easy-to-make snacks:

- **Milk shake-ups:** Pour milk, juice, and ice in a covered container. Shake!
- **Fruit juice pops:** Freeze fruit juice in small paper cups or ice cube trays.
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter and top with raisins.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.

**Offer ½ cup of lowfat milk, juice or water with snacks.**

For infants under one year of age, only milk goes in a baby bottle, not soda or tea.

List your child's favorite healthy snacks.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_