

# Sensible Snacking

Snacking is a very important part of growing children's diets. Choosing healthy and nutritious snacks is equally important. Snacks help to prevent hunger in between meals as well as provide daily requirements for energy, protein, vitamins and minerals.

## Take snacks to go

String cheese	Dried Fruit
Granola bars	Whole grain crackers
Trail/Cereal Mix	Graham Crackers
Box of raisins	Baby Carrots
Banana/Apple	Low-fat popcorn

## Opt for low-sugar & low-calorie beverages

Water	100% juice 4 fl oz/dy
Low-fat milk	Apple cider 4 fl oz/dy
Crystal Light	Propel Zero
Fuze slenderize	Sugar-free hot cocoa
PowerAde Zero	Mio flavor drops
	Sugar Free Hawaiian punch or Kool-Aid
	Capri Sun Roaring Waters

## **Most snacks served to children should be fruits & vegetables**

- Most kids don't get the 5-13 recommended servings of fruits & vegetables per day.
- Try offering a variety of fruits & veggies & pair them with other snacks such as peanut butter, low-fat dips or low-fat cheese.
- Canned, frozen or dried fruit require minimal preparation & still provide many important nutrients.

## **Fun Snacks**

- Spread a pancake with peanut butter & applesauce. Eat with a glass of milk
- Toast an English muffin topped with a tomato & low-fat cottage cheese
- Cut up celery slices & top with peanut butter, raisins & marshmallows
- Stuff a pita with a scrambled egg & low-fat cheese. Eat with a piece of fruit.
- Trail Mix made with dried fruits, low-fat granola, whole grain cereals, & sunflower seeds
- Low-fat yogurt mixed with low-fat granola & fresh fruit
- Put melted low-fat mozzarella cheese and veggies on a mini bagel to make a snack- size pizza



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**Carbohydrates and Protein:** Eating these together will keep your stomach full and your energy level up for a longer period of time. Pick one from each column to build your healthy snack!

Carbohydrates	Protein
Low-fat popcorn	String cheese
English muffin	Yogurt
Fruit (fresh, frozen, canned, dried)	Peanut butter
Whole grain crackers	Cottage cheese
Pretzels	Low fat milk
Granola bar	Hummus/bean dip
Whole grain cereal	Lean lunch meat
Low-fat graham crackers	Nuts
Whole wheat tortilla	Sunflower seeds

**This or That?** Choosing a healthy snack can be difficult when unhealthy snacks are in the house. The easiest way to avoid a poor snack choice is to keep those foods out of the house. Try these healthier alternatives

Instead of...	Try ...
Doritos	Triscuits & a string cheese
Cookies	Apples with peanut butter
Pizza Rolls	Half of an English muffin with melted mozzarella cheese & deli turkey
Donut	Low fat graham crackers and yogurt
M&Ms	Box on raisins
Chocolate Chip Quaker Chewy	Chocolate chip cliff kid bar

**Snacks form the Food Groups:**

**Milk/Diary:** Low-fat milk (regular or chocolate), string cheese yogurt, pudding cups, low-fat cottage cheese

**Meat/protein:** boiled egg, bean dip, peanut butter with crackers or fruit, lean lunchmeat

**Fruit:** sliced fresh fruit, applesauce, and canned fruit. Fruit salad

**Veggies:** Cut up fresh vegetables with low – fat dip

**Grains:** Whole grain crackers (triscuit), low- fat popcorn, animal crackers, graham crackers, pretzels



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