

Today in

# NUTRITION CLASS

Your child learned about...

# Healthy Snacks



Make it  
**Eat it!**  
Love it!

- **Healthy snacks** can be an important part of a healthy diet, especially for growing kids. Be sure they are packed with nutrients!
- Choose snacks with “**GO**” foods. These are the healthy foods—vegetables, fruits, whole grains, low-fat dairy, and heart-healthy protein.
- Limit snacks made with “**SLOW**” foods—those with lots of sugar, fat, and salt—to once a week or less.
- Choose snacks that are **low in added sugars, fat, and salt**. Check the food label on packaged snacks to find out how much sugar, fat, and salt they contain. It’s all about balance—some sugar, fat, and salt is fine, but be sure the snacks are providing plenty of other healthy nutrients too!
- Snacks may prevent overeating at the next meal. Remember to **keep snacks small**, and **not too close to meal times**.
- Pay attention to your stomach—snack only when you are hungry.

## Great Snack Ideas

### Fruit and Cheese Kabobs

Slide grapes and small cubes of cheese onto pretzel sticks.

### Super Snack Trail Mix

Mix together 1 cup whole grain cereal, 1 cup mini pretzels, ½ cup raisins, and ½ cup sunflower seeds or nuts. (Makes 4 servings)

### Hummus

In a blender, mix one can of garbanzo beans, otherwise known as chickpeas (drained), 2 tablespoons olive oil, the juice of one lemon, ¼ cup yogurt or peanut butter, ⅓ cup warm water, and 1 teaspoon garlic powder. Blend until smooth. Serve with veggie sticks, such as carrots, celery or bell pepper, or whole wheat crackers or pita bread.

## Family CHALLENGE

Have a “**GO**” snack at least 3 days this week. Include healthy foods from at least two food groups. **Try these great snacks:** Cheese and whole grain crackers, yogurt and fruit, or celery with peanut butter.

Write your own challenge: \_\_\_\_\_

## Get your GROOVE On

Spell your name—with your body! Move, stretch, and extend your arms and legs to shape each letter of your name. Can you do the whole alphabet?

## LEARN more here

- **Kids Health:** [http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/afterschool\\_snacks.html#](http://kidshealth.org/parent/nutrition_center/healthy_eating/afterschool_snacks.html#)
- **Center for Science in the Public Interest:** [http://cspinet.org/nutritionpolicy/healthy\\_school\\_snacks.html](http://cspinet.org/nutritionpolicy/healthy_school_snacks.html)
- **Turn the Tide Foundation: Unjunk Yourself (2videos):** <http://www.turnthetidefoundation.org/unjunkyourself.htm>



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