



Munch! Munch! Munch!

Sneaking Nutrition into Snack Time
Parent Fact Sheet

A nutritious snack includes one or more foods from the Five Food Groups

Snacking can be healthy.

It recharges a hungry body, providing an energy boost for work and play. And carefully chosen

snacks can help meet protein, vitamin and mineral needs.

Make it easy for your child to choose healthy snacks. Think ahead! Stock the kitchen with "help-yourself foods" that pack a powerful nutrient punch. Here are a few ideas for the counter, cupboard and refrigerator.

Grains

Choose whole grains more often

- Animal crackers
- Baked tortilla chips
- Cereal
- Graham crackers
- Mini-bagels
- Mini-muffins
- Cereal
- Popcorn
- Pretzels
- Crackers

Ingredients

You cannot tell if a food is whole grain by color alone. Read the ingredients list on the label. Choose snacks that name the following first on the list ~ whole wheat or whole wheat flour, whole oats, oatmeal, whole-grain corn, whole rye, whole-grain barley and graham flour.

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Vegetables

Vary veggie choices

Broccoli
Carrot sticks or baby carrots
Celery sticks
Cherry or grape tomatoes
Cucumber circles
Cauliflower
Pepper rings or strips
– green, red, yellow or orange
Zucchini sticks

Fruits

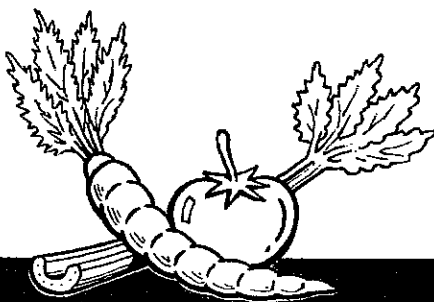
Fresh, frozen, canned, or dried

Apples
Bananas
Berries
Grapes
Kiwi fruit
Mangoes
Melons
Oranges
Papaya
Peaches
Pears
Pineapple
Plums
Raisins

Milk

Select lowfat and nonfat dairy products most often

Milk – flavored or unflavored
Cheese – wedges, shapes or string cheese
Cottage cheese
Yogurt – cups, smoothies or tubes
Pudding



Meat & Beans

Choose lowfat and lean protein-rich foods

Bean dip
Deli meats such as ham or turkey
Hard-cooked egg
Hummus (chickpea dip)
Nuts and seeds
Peanut butter
Peanuts

A Dozen Snack Combos

Mix things up for better nutrition

- ▲ Roll sliced turkey or ham and cheese in a tortilla
- ▲ Combine two whole grain cereals and milk
- ▲ Dunk fresh veggies in a lowfat yogurt dip
- ▲ Layer lowfat yogurt, whole grain cereal, and fruit
- ▲ Mix together bear-shaped graham crackers, oat-ring cereal and raisins
- ▲ Spread peanut butter on a graham cracker and top with banana slices
- ▲ Serve baked tortilla chips with salsa or black bean dip
- ▲ Add peanuts or walnuts, sunflower seeds, and pumpkin seeds to popcorn
- ▲ Top whole-wheat pita bread triangles with hummus
- ▲ Mix bite-size shredded wheat squares, sunflower seeds and dried fruit
- ▲ Spread apple slices with crunchy peanut butter
- ▲ Serve grapes or apple slices with cheese and crackers

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