

# Refuel With Smart Snacks

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Ahh... spring! The long winter has made this a much anticipated season for all. Our family loves to be outside, whether it involves spring sports, playing catch or working in the garden, we can't wait for the longer days and more time outside. As a mom of four kids, they've all been active in soccer and one of the things that often comes along with sports for younger kids, is snacks! We've all been there... who's turn is it to bring a snack and drink for after the game? One thing I've always tried to do is make sure that snack is a healthy one! Kids, just like adults, need to consume a variety of nutrient-rich foods from all five food groups each day. A perfect way to help them meet that goal is to make sure the snacks they eat throughout the day fits into the five food groups. Snacking smart

is just as important as the correct athletic gear worn during the games! Complex carbohydrates like lowfat or fat free milk, fruit, vegetables, and whole grains are essential to meeting the body's demand for energy. Getting enough calcium and vitamin D is important to develop strong bones and muscles. Try out some of the snacks below (be sure to have a cooler on hand to keep them cold) for fresh inspiration for your spring and summer outdoor games and activities

- Fruit and lowfat string cheese
- Fruit smoothie made with lowfat or fat free yogurt or milk
- Vegetables and hummus
- Lowfat or fat free chocolate milk (or lactose-free chocolate milk) and a banana
- Yogurt with fruit or lowfat granola
- Turkey and veggies in a whole wheat pita
- Lowfat cheese and crackers
- Whole grain cereal and milk
- Celery and peanut butter
- Graham crackers and peanut butter

Replenishing after a game (within 15-30 minutes) is important, it's the best time for their bodies to quickly restore its jet fuel! Check out our Smart Snacks Pinterest board for other great snacking ideas!

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