

# Snack It Up

## Great snacking tips!

### Snacks are mini-meals:

- of 150-200 calories
- with different food groups
- that mix and match textures
- to keep your child full between meals

### The table below has ideas for food from each food group.

Mix and match to create a snack. Pick:

- foods with different textures
- two foods, each from a different food group

### Choose a goal that's right for you!

- I will eat fruits and vegetables as a snack.
- I will eat snacks that include food from two food groups.
- I will have lower-fat milk or water with my snacks.
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#### Dairy

- Low fat yogurt
- String cheese
- Low-fat milk
- Cottage cheese
- Low-fat cheese
- Low-fat pudding cups or sugar-free pudding packages

#### Fruits

- Sliced apples
- Frozen grapes
- Raisins
- Banana
- Orange
- Strawberries

#### Veggies

- Celery
- Carrots
- Broccoli
- Sliced peppers
- Cucumbers
- Tomato juice

#### Grains

- Low-fat popcorn
- Pretzels
- Whole grain crackers
- Whole grain English muffin
- Oatmeal

#### Proteins

- Peanut butter
- Nuts
- Hardboiled egg
- Black bean dip
- Ham lunchmeat
- Hummus

### Here are some healthy snack EXAMPLES:

- 5 whole grain crackers and 1/4 cup black bean dip
- 6 baby carrots with 2 tablespoons of hummus
- 1 medium banana with 1 tablespoon peanut butter
- 1/2 cup of low-fat cottage cheese and 4 sliced strawberries
- 1/2 cup cooked oatmeal and 1/4 cup raisins
- 1 piece of ham lunchmeat wrapped around 1 string cheese

### PARENT CORNER

- Make sure that all food is cut into age-appropriate pieces to prevent choking.
- Snacks on the go are easy ways to help your child reach the daily intake of fruits and veggies.
- Try to offer low-sugar and low-calorie beverages with snacks.



*Try to include foods from ALL food groups when eating breakfast, lunch and dinner.*

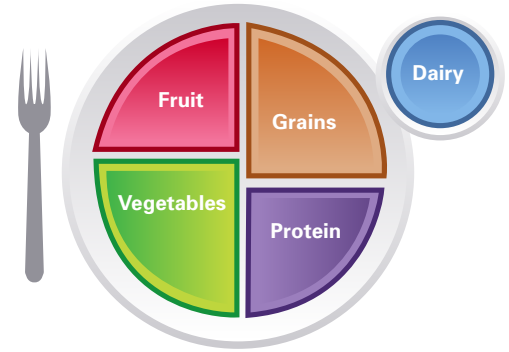
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**Use MyPlate.gov for your snack shopping needs to help you buy healthy snacks for your child and family.**

Look for the words “whole grains,” “low-fat,” and “no added sugar” when making food choices.

Make sure to wash all fresh fruit and vegetables, and to refrigerate any perishables.



Choose **MyPlate.gov**

## FRUITS

- apples
- bananas
- grapes
- strawberries
- raspberries
- oranges
- pears
- dried fruits with no added sugar like cranberries and raisins
- fresh, frozen, or canned options (water or 100% juice)

## VEGGIES

- broccoli
- carrots
- bell peppers
- snap peas
- cherry tomatoes
- cucumbers
- zucchini
- cauliflower
- tomato juice
- fresh or frozen options
- canned veggies (low salt or no added salt)

## GRAINS

- bread, 100% whole grain
- crackers, 100% whole grain
- English muffins, whole wheat
- low-fat popcorn
- pretzels
- oatmeal
- tortilla, 100% whole wheat
- cereal, high fiber, low sugar
- whole grain granola bars

## PROTEIN

- bean dips
- peanut butter
- nuts
- eggs
- hummus
- lunchmeat, ham or turkey

## DAIRY

- milk, low-fat or fat-free
- string cheese
- cheese cubes, low-fat
- cottage cheese, low-fat
- frozen yogurt
- yogurt, low-fat—try adding your own fruits
- low-fat pudding cups or sugar-free pudding packages

