Snack It Up
Great snacking tips!

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.

☐ ______________________________________

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

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Fruits</th>
<th>Veggies</th>
<th>Grains</th>
<th>Proteins</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Low fat yogurt</td>
<td>• Sliced apples</td>
<td>• Celery</td>
<td>• Low-fat popcorn</td>
<td>• Peanut butter</td>
</tr>
<tr>
<td>• String cheese</td>
<td>• Frozen grapes</td>
<td>• Carrots</td>
<td>• Pretzels</td>
<td>• Nuts</td>
</tr>
<tr>
<td>• Low-fat milk</td>
<td>• Raisins</td>
<td>• Broccoli</td>
<td>• Whole grain crackers</td>
<td>• Hardboiled egg</td>
</tr>
<tr>
<td>• Cottage cheese</td>
<td>• Banana</td>
<td>• Sliced peppers</td>
<td>• Whole grain crackers</td>
<td>• Black bean dip</td>
</tr>
<tr>
<td>• Low-fat cheese</td>
<td>• Orange</td>
<td>• Cucumbers</td>
<td>• English muffin</td>
<td>• Ham lunchmeat</td>
</tr>
<tr>
<td>• Low-fat pudding cups or sugar-free pudding packages</td>
<td>• Strawberries</td>
<td>• Tomato juice</td>
<td>• Oatmeal</td>
<td>• Hummus</td>
</tr>
</tbody>
</table>

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.

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

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