

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.
- _____

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.

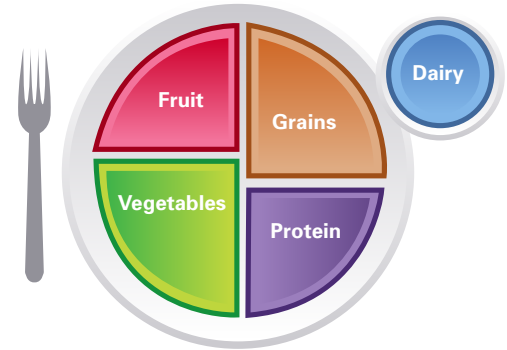
Snack It Up

Great snacking tips!

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



These handouts are the property of the Ohio Chapter, American Academy of Pediatrics and the Ohio Department of Health and may not be altered without express permission.