Snacks and Healthier Choices

Dear Parents and Caregivers,

Kids love snacks, but don’t let them eat too many unhealthy ones, like salty chips and sugar-loaded candy. You can help your kids eat healthier snacks so they get the nutrients they need to grow and maintain a healthy weight. Here’s how.

The basics

- Watch portion sizes. Snacks shouldn’t replace a meal, so look for ways to help your kids understand how much is enough.
- Include at least two food groups for a healthy snack, e.g., whole grain crackers and cheese or yogurt and fruit.
- Space out snack time from meal time to avoid spoiling kids’ appetites.
- Slice fruits and veggies ahead of time. Keep them and low-fat dips on hand.
- Check out “10 Tips for healthy snacking” from MyPlate at http://www.choosemyplate.gov/ten-tips-snack-tips-for-parents.

Modify family favorites

- Skip microwave popcorn and air pop or pan pop kernels with little or no oil. Also skip the salt and add your favorite spices and seasonings. Popcorn is also a whole grain!
- Add fruit to vanilla yogurt, instead of ice cream, for a low-fat sundae.
- Make your own homemade granola or trail mix.

Be a healthy role model

- Eat vegetables, fruits, and whole grains with meals or as snacks to set a good example for your kids.
- Try new foods at family meals as another example for your children. Describe each new food’s taste, texture, and smell.

Source: U.S. Department of Agriculture (2016), 10 tips for setting good examples; retrieved from http://www.choosemyplate.gov/ten-tips-be-a-healthy-role-model

SWEET AND SAVORY APPLE WRAPS

The combination of fruit, granola, and either peanut butter or sun butter — if your child is allergic to nuts — in this snack is delicious. Plus, it’s packed with protein, iron, fiber, and calcium. Crisper varieties of apples add texture, but any type of apple works well with the savory taste of peanut butter or sun butter.

Ingredients
1 whole wheat tortilla (8 inch)
¼ cup peanut butter or sun butter
2 tablespoons granola cereal
½ apple

Directions
1. Lay tortilla flat and spread peanut butter or sun butter over ⅔ of the tortilla, leaving edges at sides.
2. Sprinkle 2 tablespoons granola over peanut butter or hummus.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up "burrito style."
5. Eat and enjoy.


Physical Activity Corner

Go for a walk, a bike ride, jump rope, or play outside. Movement will help your brain grow in ways that help you learn better, and it will help your body grow healthier and stronger. So get up and get moving for stronger muscles and bones — and a better-functioning brain!