



Nutrition and Physical Activity Self-Assessment for Child Care

Eating between Meals: Snacking for Kids



Here's Why It's Important...

Snacks are important and may add up to 25% of a child's food intake in one day! If a child is not very hungry at lunch he or she may compensate at snack time; therefore, serving healthy snacks is important. See below for some GOOD snack choices. Snacks are a great way to get children to try new foods. Have children create their own snacks by making yogurt sundaes with fresh or frozen fruit and unsweetened cereal. Snacks should be rich in vitamins and minerals and low in added sugar to keep children healthy. Snacks with lots of added sugar contain extra calories, which can contribute to unhealthy weight gain. They also increase our preference for sweet foods and increase the occurrence of cavities!

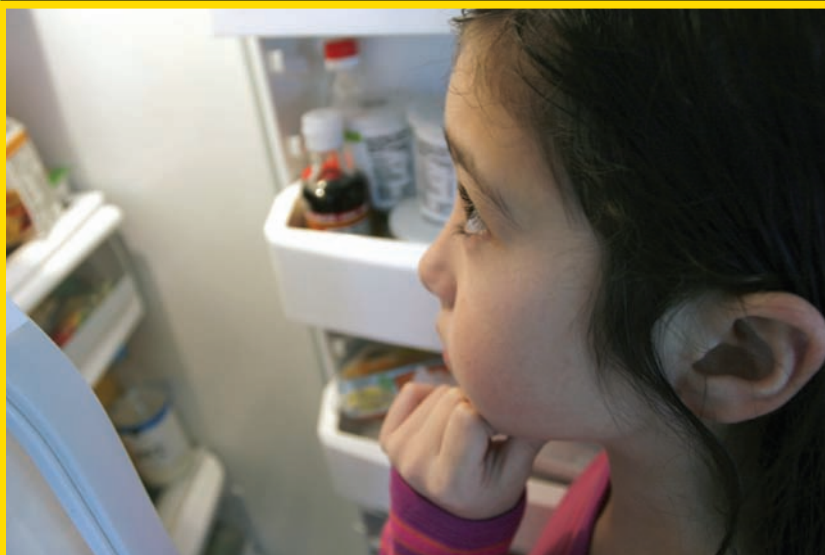
Simple Snack Ideas

Instead of...

- ☹ Soda or diet soda
- ☹ Chips with dip
- ☹ Cookies and whole milk
- ☹ Ice cream
- ☹ Snack bars
- ☹ Cheese puffs/doodles
- ☹ Fruit snacks (roll-ups and gummies)
- ☹ Pop-Tarts
- ☹ Candy

Try...

- ☺ Carbonated water mixed with 100% fruit juice
- ☺ Crunchy raw carrots, pepper strips, and cucumber slices with low-fat Ranch or hummus.
- ☺ Graham Crackers with peanut butter and skim milk
- ☺ Plain or vanilla yogurt mixed with fresh fruit
- ☺ Whole grain crackers (ex. Triscuits) with cheese cubes
- ☺ Small bag of plain popcorn
- ☺ Sliced peaches with cottage cheese
- ☺ Granola bar
- ☺ Trail mix (raisins, cheerios, pretzels, banana chips)



Recipes

Child-pleasing snacks that will bring out the creativity in everyone!

Purple Cow

¼ cup unsweetened grape juice
1 cup skim milk
1 sliced banana

Mix all ingredients together in a blender. Makes 4-6 small servings.

Tortilla Roll-up

1 whole wheat tortilla
¼ cup shredded carrot
¼ cup shredded apple
peanut butter or almond butter
honey

Spread peanut or almond butter on tortilla. Add carrots and apples and drizzle lightly with honey. Roll up and cut into small pieces.

For more information, please visit:

<http://www.fitcitychallenge.org/Families/MenuSnacks.aspx>

<http://www.betterkidcare.psu.edu/page01c.html>

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Rules for Snacking

- Sit down in a quiet place with no TV visible. This will allow for time to talk with your child about healthy foods.
- Allow approximately 10-15 minutes for snacks.
- Give small servings and when more is requested, ask if your child is still hungry.
- Snacks are a great way to add extra fruits and vegetables to your child's diet.
- Water is an excellent beverage with snacks; beverages high in calories such as 100% fruit juice and other fruit drinks may fill children up and do not provide the nutrition of other healthy snacks.

