



Healthy Snacks



Healthy Snacks For Your Children

fresh fruit

**graham crackers with
fat-free topping**

low fat yogurt

rice cakes or corncakes

low fat string cheese

low fat cottage cheese with fruit

baked whole wheat crackers

animal crackers

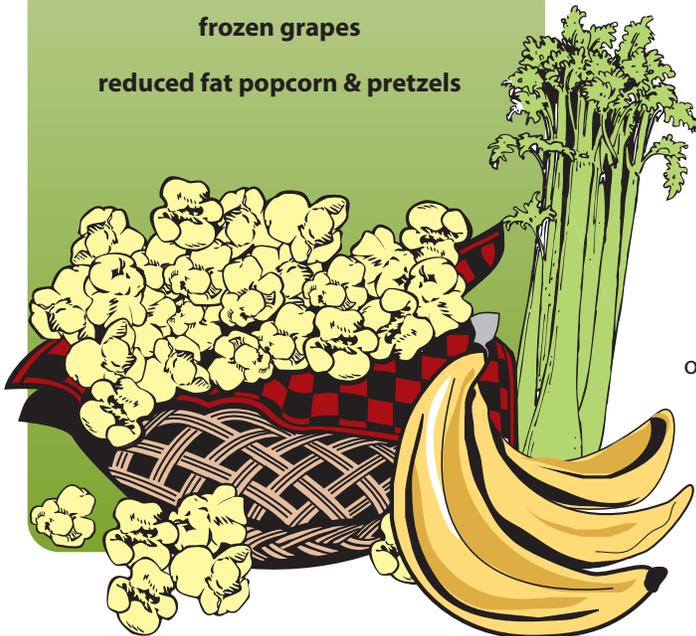
fresh veggies and hummus

**banana with peanut butter
and granola**

low fat or fat free milk

frozen grapes

reduced fat popcorn & pretzels



Snacks Can Be Good For You!

The first thing most children do when they get home from school is head to the kitchen for a snack. Children have high metabolisms and therefore often need more calories than those provided by three meals a day. Snacks can be a wonderful opportunity for parents to provide healthy food choices for their children. In general, snacks will not ruin a child's appetite for a meal as long as they are not eaten immediately before the child sits down for a meal.

When children search for a snack, they often grab what is most convenient. If a child opens the cupboard and sees a box of cookies or a bag of chips, they will most likely eat those. To encourage your children to eat healthy snacks, keep healthy food choices in your home at all times. Fruits and vegetables are a quick, easy, healthy snack that children can enjoy.

When people eat in front of the television, they often don't pay attention to what, or how much they are eating. Encourage your children to eat in the kitchen and not in front of the television or computer.



HEALTH TIP: Avoid These Snack Habits

- 1** When shopping for snacks, choose items that have zero grams of “trans fat”. Trans fat is oil that has been treated with hydrogen to increase its shelf life and has been shown to have adverse health effects. Manufacturers are beginning to list trans fat on food labels, but not all show it separately yet.
- 2** Sugary snacks, including sugared soft drinks and fruit juices, can cause cavities. Bacteria in the mouth convert sugar to a type of acid that eats away at tooth enamel. This acid continues to damage teeth for at least 20 minutes. Encourage your kids to eat snacks that are low in sugar, but if you let them enjoy a sugary treat, be sure they brush their teeth after!
- 3** Continuous snacking may lead to overeating. Set specific times for snacks and meals and do your best to keep the routine.

HEALTH TIP: Adopt These Snack Habits

Offer similar choices. For example, don't say: "Do you want ice cream or do you want pretzels?" Instead, offer comparable choices, such as regular or frozen yogurt, celery or carrots, graham crackers or soda crackers, apples or oranges.

Provide variety. Select snacks from a variety of food groups. If you serve the same snacks repeatedly, your children might get bored and ask for unhealthy snacks instead. Keep a bowl of fruit on your kitchen table or counter so your kids can easily access it.

Be creative. Dress up fruits and vegetables for maximum appeal. Prepare celery with peanut butter, for example, or carrots with low-fat dip. Offer crackers with several varieties of cheeses. Cut vegetables in different ways to make them visually interesting.

Broccoli In A Boat

- 1/3 cup PHILADELPHIA Fat Free Cream Cheese, softened
- 1 Tbsp. KRAFT FREE Peppercorn Ranch Fat Free Dressing
- 2 medium red peppers, each cut into 8 slices
- 1 cup broccoli florets, stems removed

MIX cream cheese and dressing until well blended. Spoon evenly over pepper slices. TOP evenly with broccoli.

