



A PROGRAM OF  Forsyth MEDICAL CENTER
CENTER FOR WOMEN'S HEALTH

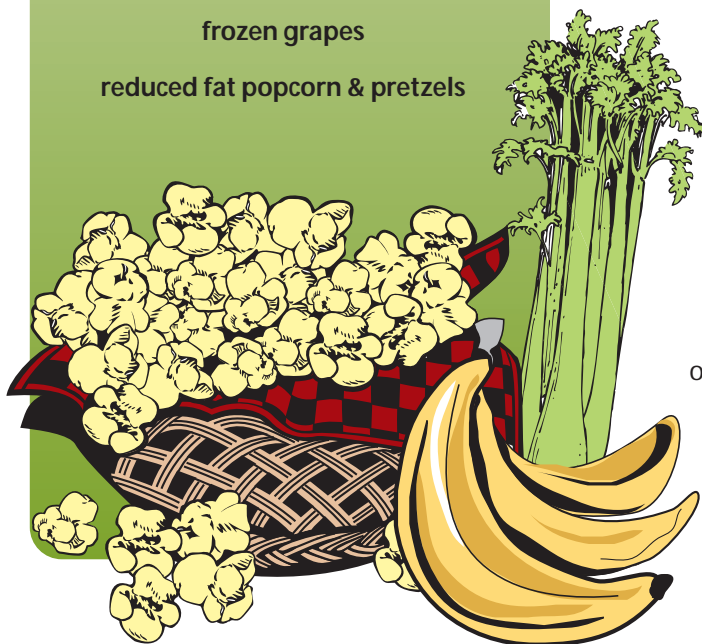
Healthy Snacks



Healthy Snacks For Your Children

Snacks Can Be Good For You!

- 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



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.



