

25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these snacks.

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

Dip it! Bonus Snacks

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.



parent tips

Secrets to Making Healthy and Fun School Lunches

Make a healthy lunch that your kids will look forward to eating.



Pick a theme

Tap into your kids' creative side by following a theme.

- **The dip:** Cut a baked chicken breast into strips, and pack them with honey mustard for dipping. Add carrots and broccoli to dip in fat-free or low-fat ranch dressing.
- **Backwards:** Make an inside-out sandwich using lettuce to wrap turkey, fat-free or low-fat cheese, and tomato.
- **Mexican food Mondays:** Let your child build healthy burritos or tacos with: whole-wheat tortillas, lettuce, fat-free or low-fat sour cream, salsa, brown rice, and beans (not refried).

Keep it interesting

Pack a small amount of many foods. Use lots of containers or a bento-type lunch box to keep things interesting. Bento boxes are lunch boxes with lots of small containers or places for different types of food. They're a fun way to offer healthy foods. Cut sandwiches into fun shapes, add colorful fruits and vegetables in different sizes, and pack yummy dips such as fat-free or low-fat yogurt or hummus.

Skip the white bread

Mix it up. Use whole-grain breads, pitas, and tortillas. And try new fillings.

- If your child loves PB&J, make a peanut butter and banana roll-up. Spread peanut butter on a whole-grain tortilla, add a sliced banana, and roll!
- Fill a pita with your kid's favorite veggies. Add hummus for flavor.
- Spread pizza sauce on a whole-wheat tortilla, add low-fat or fat-free mozzarella cheese, then melt, roll, and slice.

Mix up the sides

Go past pretzels!

- Dip apple slices in honey.
- Pack snap peas, sliced bell peppers, or cucumbers for color and crunch!
- Add some variety with air-popped, low-fat popcorn.

Don't forget—juice and sodas can be high in sugar and calories. Instead, pack water or fat-free or low-fat milk.

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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18. Sprinkle grated Parmesan Cheese on hot popcorn.

19. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.

20. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

21. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

22. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

23. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

24. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

25. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

Now that you are refueled, take a trip to Planet Power. Play the MyPyramid Blast Off game at www.mypyramid.gov.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.



The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.



parent tips

How Much Sugar and Calories are in Your Favorite Drink?

Many people don't realize just how much sugar and calories we drink in a day. Use this tip sheet to help your family make smart choices.



Drink (12-ounce serving)	Teaspoons of Sugar	Calories
Bottled Water	0 teaspoons	0
Diet Cola	0 teaspoons	0
Sugar-Free Drink Mix	0 teaspoons	0
Sugar-Free Lemonade	0 teaspoons	0
Unsweetened Tea	0 teaspoons	0
Sports Drink	2 teaspoons 	75
Lemonade	6¼ teaspoons 	105
Orange Juice	7½ teaspoons 	160
Sweet Tea	8½ teaspoons 	120
Powdered Drink Mix (with sugar)	9 teaspoons 	145
Cola	10¼ teaspoons 	150
Fruit Punch	11½ teaspoons 	195
Root Beer	11½ teaspoons 	170
Grape Juice	12 teaspoons 	200
Orange Soda	13 teaspoons 	210

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My Daily Food Plan

Based on the information you provided, this is your daily recommended amount for each food group.



GRAINS
6 ounces



VEGETABLES
2 1/2 cups



FRUITS
1 1/2 cups



DAIRY
3 cups



PROTEIN FOODS
5 ounces

Make half your grains whole
Aim for at least **3 ounces** of whole grains a day

Vary your veggies
Aim for these amounts **each week:**
Dark green veggies
= 1 1/2 cups
Red & orange veggies
= 5 1/2 cups
Beans & peas
= 1 1/2 cups
Starchy veggies
= 5 cups
Other veggies
= 4 cups

Focus on fruits
Eat a variety of fruit
Choose whole or cut-up fruits more often than fruit juice

Get your calcium-rich foods
Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories
Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products

Go lean with protein
Twice a week, make seafood the protein on your plate
Vary your protein routine—choose beans, peas, nuts, and seeds more often
Keep meat and poultry portions small and lean

Find your balance between food and physical activity
Be physically active for at least **60 minutes** each day.

Know your limits on fats, sugars, and sodium
Your allowance for oils is **5 teaspoons** a day.
Limit Calories from solid fats and added sugars to **160 Calories** a day.
Reduce sodium intake to less than **2300 mg** a day.

Your results are based on a 1800 Calorie pattern.

Name: _____

This Calorie level is only an estimate of your needs. Monitor your body weight to see if you need to adjust your Calorie intake.