

# Better Snacking for the Whole Family



## ..... Kid's Corner ..... Snacks

*can be an important part of our diet. They can help give us energy between meals for activities. Making a better choice for snacks means finding snacks that give us that energy and make it last. This means finding ones that are lower in added sugar and sodium, yet higher in protein and fiber.*

1. Snacks like the ones listed on this handout can help fill the gaps between meals and give children the fuel they need for work and play.
2. Plan only 2-3 snacks each day and space them out an hour or more before a meal is served. That way it does not interfere with meal time.
3. Try to eat snacks without distractions like TV and other devices. This can lead to over-eating. Eating at a table together where the child can be observed is also safer in case of choking.
4. Be aware of choking hazards for small children 4 years old and younger such as whole grapes, nuts, seeds and nut butters, hot dogs, large chunks of unpeeled fruit like apples and pears, dried fruit, raw vegetables, popcorn, chips, candy and gum.
5. Getting children involved in preparing their own snacks can help them learn more about healthy foods. Take them to the store and let them pick out a fruit or vegetable to try. Find recipes that kids can make with their hands, like the one featured here. For some of the snacks on this the list, you can give children the components and they can make them after you give them an example.
6. It is better to have snacks planned out ahead of time and properly portioned to prevent over eating and excess calories. A toddler portion is  $\frac{1}{4}$  of an adult serving ( $\frac{1}{4}$  slice of bread for a 2-3 year old children) and a child portion is  $\frac{1}{3}$  or  $\frac{1}{2}$  of an adult portion ( $\frac{1}{2}$  slice of bread for children 4-8 years old). An older child, teen or adult portion is one slice of bread, one piece of fruit, and one cup of yogurt, for example.

Snacks for active teens and adults can be **200-300 calories** each **2-3 times a day**. Examples would be: a whole grain waffle with  $1\frac{1}{2}$  tablespoons peanut butter,  $1\frac{1}{2}$  cups fruit with a string cheese, or the mini pizza featured in the snack list made with  $\frac{1}{2}$  an English muffin.

“**Active**” means that a person does some kind of physical activity, such as walking, sports, or fitness classes most days of the week. Those who are less active should stick with smaller portions of a **150-200 calorie snack.**”



# Make Your Own Healthy Snacks!

**Trail Mix:** Use your favorite nuts, seeds, whole grain cereal and dried fruit in ¼ cup portions for the healthiest mix.

**Smoothie:** Blend 1 cup fat-free milk and a handful of your favorite frozen fruit

**Jazzy Popcorn:** Use plain microwave popcorn and top with grated cheese and/or dried spices of choice instead of added salt and butter.

**Roasted Chickpeas:** Toss rinsed, canned chickpeas in your favorite seasoning and roast at 400 degrees for 20 minutes.

**Fruit Kebobs:** Fresh fruit pieces on a pretzel sticks with low-fat Greek yogurt for dipping.

**Hummus and Dippers:** Use pita chips or cut up fresh vegetables like celery, baby carrots, cucumbers or sweet peppers to dip in pre-made hummus.

**Veggie Pizza:** Use an English muffin or sandwich thin and top with tomato sauce and low-fat cheese (melt in the microwave), then top with fresh vegetables like chopped broccoli, mushrooms, zucchini or sweet peppers.

**Pairing Grains:** Hard-boiled egg and a few whole grain crackers or a string cheese with whole grain crackers.

**Pizza Wrap:** Wrap a mozzarella cheese stick and tomato sauce with or without turkey pepperoni inside a whole grain tortilla and melt in microwave for 20 seconds.

**Yogurt Parfait:** Layer Greek yogurt, ½ cup fresh or frozen fruit and ¼ cup whole grain cereal in a cup.

**Classic Ants on a Log:** Celery with peanut butter inside and raisins marching across the on top

## Frozen Yogurt Pops

Combine equal parts non-fat plain Greek yogurt and 100% fruit juice, pour into paper cups with a stick in the middle and freeze. Remove paper wrapper and enjoy your pop! Note: You can also just freeze in a dish and scoop like ice cream.

## No-Bake 3-Ingredient Peanut Butter Bites



Kids can help make this snack!

### Ingredients:

- 1 ½ cups rolled oats or quick oats
- ½ cup natural peanut butter (or other nut or seed butter of choice)
- 3 tablespoons honey (or maple syrup)

### Directions:

- Place oats in a food processor or blender and process until flour consistency. You can use your clean hands instead of a mixer, but the oatmeal will be more coarse.
- Add nut butter and the honey or maple syrup. Blend until well combined and forms a large ball.
- Roll into round bites about a tablespoon's worth in size. If the dough does not hold together then add 1-2 more tablespoons of nut butter.
- If dough sticks to hands, spray hands with a small amount of cooking spray.
- Store bites in the refrigerator in an airtight container for up to 2 weeks.

*Nutrition: 2 Bites per serving: Calories: 115, Protein: 4 grams, Fat: 6 grams, Carbs: 13 grams, Sodium: 50 mg, Fiber: 2 grams*

<https://therealfoodrds.com/3-ingredient-peanut-butter-bites/>