



KidFood

Healthy Eating for Today's Kids

Planned Snacks

Nutrition Matters

Children have small tummies and need snacks. Three meals a day is just not enough. **They need to eat 3 meals each day along with 2 to 3 snacks between these meals.**

Children need the extra nutrients and energy snacks provide between meals. Think of snacks as mini meals children need to eat to maintain healthy growth and development. Here are some tips to remember when offering snacks to children:

- ☺ Snacks should include a variety of healthy foods. Fruits, vegetables, cheese, yogurt, whole grain crackers are all examples of healthy snack choices.
- ☺ Chips, candy, cookies and other high-fat high-sugar snacks will fill a child's tummy but it may not give them the nutrients they need to grow. It is best to limit these snacks to only once in a while.
- ☺ Let your kids help make snacks. This is a great time for them to learn about healthy food.

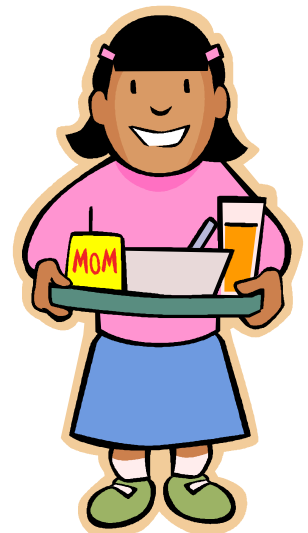
Timing of Snacks

Watch the timing of snacks. **Snacks are important, but children also need to eat meals with their family.** Try to keep at least 2 hours between meals and snacks.

- ☞ If lunch was at 12:00, don't serve a snack until at least 2:00.
- ☞ If dinner will be at 5:00, don't serve a snack past 3:00.

Snacks need to be planned and nutritious.

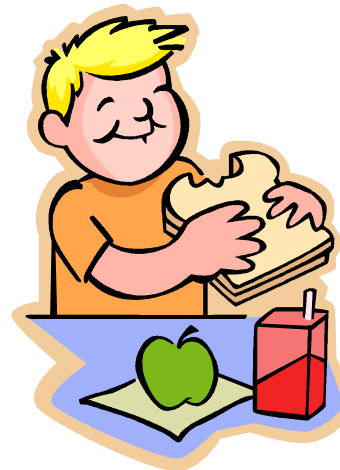
- ☞ Offer 1 snack between breakfast and lunch.
- ☞ Offer 1 snack between lunch and dinner
- ☞ Offer 1 snack before bedtime.
- ☞ Always let children know when the next snack or meal will be offered.



Changing a Snacker

*Do you have a child that likes to snack all day long?
You can change a child's habit!*

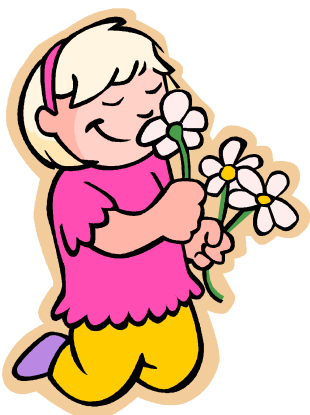
- ☺ **Develop a routine eating schedule and stick to it.** An example of a schedule could be 7:00 breakfast, 9:30 snack, 12:00 lunch, 2:30 snack, 5:00 dinner and 7:30 snack.
- ☺ **Follow the same schedule with your child.** Eat at the same times. Your child learns best by watching how you and others eat.
- ☺ **Be consistent.** It can take at least 2 weeks of a rigid schedule to change a snacker. Be patient!
- ☺ **Talk about hunger and fullness feelings with your child.** Talk about your child's tummy and your own tummy. "It's hungry when it's growling", "It's happy after it eats, it feels better."



Duck Duck Goose

Play this fun game in the house or outside!

- ★ Ask children to sit down in a circle facing each other.
- ★ One child is "it" and walks around the circle.
- ★ As he walks around, he taps the other children's heads and says whether they are a "Duck" or a "Goose".
- ★ Once someone is called the "Goose", he gets up and tries to chase "it" around the circle.
- ★ The goal is to tap "it" before he can sit down in the "Goose's" spot.
- ★ If the goose is not able to do this, he becomes "it" for the next round and the play continues.
- ★ If the goose does tap "it", the child tagged has to sit in the center of the circle. Then the goose becomes "it" for the next round. The child in the middle can't leave until another child is tagged and he is replaced.



Snack on Fruits and Vegetables

Children need to eat at least 5 fruits and vegetables each day. It's difficult to eat enough fruits and vegetables without snacking on them. **Fruits and vegetables make the perfect snacks.**

Fruits and vegetables are less likely to cause obesity or tooth decay than candy, chips and cookies. Fruits and vegetables will not spoil a small child's appetite for their next meal.

Offer fruits and vegetables to your child at snack times. **Snack on fruits and vegetables with your child.** Children love to copy what they see their parents and others doing. It doesn't work to offer fruits and vegetables to your child, and eat unhealthy foods yourself.



Simple Snacks

Keep snacking quick and easy!

$\frac{1}{4}$ to $\frac{1}{2}$ cup of fruit is a child's serving.



- ☺ Peel an orange and break into segments.
- ☺ Slice a banana into chunks.
- ☺ Cut grapes into halves.
- ☺ Make apple, mango, papaya or kiwi slices.
- ☺ Serve applesauce.
- ☺ Strawberries, blueberries, raspberries.
- ☺ Cut carrots into sticks.
- ☺ Serve fruit canned in its own juice—peaches, pears, apricots, mandarin oranges, or mixed fruit.
- ☺ Cut cantaloupe or watermelon into chunks



Dip Fruits and Vegetables

Small children love to dip fruits and vegetables.

Offer a low fat ranch dressing or dill dip for dipping vegetables.

- ☺ Baby carrots or carrot sticks
- ☺ Raw broccoli or cauliflower
- ☺ Red or green pepper slices
- ☺ Cherry or grape tomatoes, tomato slices
- ☺ Raw green beans, pea pods or sugar peas
- ☺ Cucumber or zucchini slices

Offer a low fat flavored yogurt for dipping fruits.

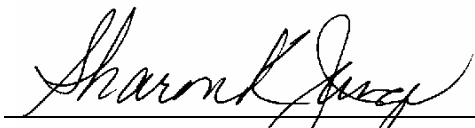
- ☺ Grapes cut in half
- ☺ Orange segments
- ☺ Apple slices, banana chunks, kiwi slices
- ☺ Cantaloupe or honeydew chunks

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Nutrition Coalition

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Nutrition Matters

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Fun Snacks

- ☺ Fruit kabobs—thread chunks of fruit on pretzel sticks.
- ☺ Banana pops—Peel a banana and cut in half. Push a popsicle stick through the cut half. Spread peanut butter on banana, roll in crushed cereal, wrap in wax paper and freeze.
- ☺ Top yogurt with fruit (sliced strawberries, blueberries, chopped peaches) and granola.
- ☺ Blend fresh fruit or fruit canned in its own juice. Pour into small plastic cups and freeze. Serve with a spoon for a cold summer snack.
- ☺ Cut a kiwi in half and eat with a spoon.

Are "Fruit Snacks" a good choice?

No, fruit snacks are mostly sugar. They have very little real fruit in them. Some have 10% fruit juice. It's better to choose a snack that is 100% fruit with no added sugar. Real fruit has a lot more nutrition than fruit snacks. Choose the best for your child!