Questions:

1. Do you have a snack in the morning?
2. Do you have a snack in the afternoon at home?
3. Do you get a snack at an after school program?
4. What are your favorite snacks?

"crEATe" a Healthy Snack™

Eating snacks (and eating the right kind of snacks) is essential for healthy eating, for controlling hunger, and for maintaining a healthy weight. An unbalanced snack may cause your child to say they are hungry again in an hour or cause excessive hunger at the next meal. Below are some helpful tips for healthy snacking:

Small snack

- Between breakfast and lunch and/or after dinner if up late.
- 100-150 calories
- Use only one food item. More than one food item will lead to too big of a snack.
- The one food item should be a protein, a healthy fat, or a high fiber carbohydrate.
- Veggies do not count as the one food item; you can eat as many veggies as you want.
- Do not give crackers or a 100 calorie snack pack.

   Example small snacks:
   - Fruit with peel (not banana, grapes, melons, or pineapple)
   - Cheese (string cheese, slice of cheese, Baby bell**™**)
   - Light yogurt
   - Cottage cheese
   - Kashi**™** TLC granola bar or dry high fiber cereal (>5 grams of fiber per serving)
   - Veggies with 1 Tbsp. of peanut butter or 2 Tbsp. of light ranch dressing

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Large snack (the "Mini Meal")

- Between lunch and dinner <u>or</u> after dinner if dinner is early in the afternoon
- 200-250 calories
- Think of this snack as a "mini meal" so that you get real foods rather than "snack" foods, which are harder to balance.
- <u>Always</u> include a protein and/or a healthy fat (see food list).
- Include a fruit or veggie as often as possible.

Always		As often as Possible	Sometimes
Protein	**Healthy Fats**	**Fruit or Veggies**	**Grains**
Cheese Cottage cheese Turkey Ham Hummus Light yogurt Milk (1%) Beans/lentils String cheese	Peanut butter Olives Avocado Nuts Seeds Salad dressing	Veggies - Tomatoes - Celery - Cucumber - Broccoli - Zucchini - Baby carrots Fruits - Apple - Grapes - Pineapple - Berries - Peach - Orange - Fruit salad	Animal crackers Graham crackers Light bread Pretzels Rice cakes Whole wheat - crackers - waffles - bread Popcorn Cereal (low sugar) Pita bread 100 calorie pack

Example "mini meals":
- String cheese and apple
- Milk and graham crackers
- Peanut butter and celery
- English muffin pizza
- Leftovers from last night's dinner on a small plate
- Quesadilla with mozzarella cheese
- ½ sandwich
- Veggies and pita with hummus
- Bowl of high fiber low sugar cereal

- **Eat snack at the designated eating place** in your home, such as the kitchen table. Turn OFF the TV and enjoy your snack.

- **Do not graze** between meals and snacks except on veggies, pickles, and other "free" foods.

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My new goals…

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

☐ **1**
☐ **2**
☐ **3**
☐ **4**
☐ **5**

Extra information for parents

■ **Serve the same healthy snacks and meals when friends are over.** By serving the same healthy and balanced snack to play dates, you will reinforce the idea that healthy choices are for everyone. If you serve a different snack when friends are over, it sends your child the message that their snack is not what "normal" kids get and that their friends get to eat "better" foods, which will not seem fair.

■ **Treat all family members the same when it comes to eating.** All family members can benefit from healthful eating regardless of body size. It is not okay for one child to get cookies while the other child is given veggies with dip.

■ **Give everyone their own plate** with the right portion. If you put food in the middle of the table to share, people will eat faster in order to get more of the desired food i.e. nachos.

■ **Get your child right into their next activity** after the snack so that they do not linger with boredom in the kitchen.

■ **Provide a sliced up piece of fruit** before a meal if your child is really hungry or if the meal is later than expected. The fruit will bring up their blood sugars and give them more control over portions at dinner.

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