

Eat Smart!

Snacks for the Whole Family

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North Dakota Nutrition Council



To the Family:

Snacks are an important part of your health. The following pages include nutritious snacks made from common food items. No recipes are needed! Suggestions are given on how to include your child with preparation.

Healthy Snacking,

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Snacks Tips

- Eat 1-3 snacks every day.
- Eat your snacks together at the table. This is a great time to talk with your child and it keeps the rest of the house free of crumbs!
- Schedule snack time to discourage eating continuously all day long. (Example: 10 am yogurt, 2 pm apple slices with cinnamon, 8 pm popcorn).
- Parents are only responsible for what is served and when it is served. Kids are responsible for how much gets eaten.
- Keep snack time positive. Praise your child by saying, “Thanks! Great Job! You did wonderful!”
- Let hunger be their cue! Avoid requiring kids to clean their plate.
- Introduce a new food 10-15 times before adding it to your child’s dislikes list.

Snack Activities

- Clean the outside of an apple with water and dry with a paper towel.
- Dip carrots, celery, cauliflower, broccoli, green peppers or other veggies in a low fat or fat free dressing.
- Open a yogurt container lid and the seal.
- Measure out 1 cup of dry cereal.

- Spoon low fat cottage cheese and top with canned fruit.
- Break graham crackers at the crease.
- Pour popcorn seeds into the air popper.
- Add a handful of nuts to yogurt.
- Mix dry cereal, raisins, chocolate chips, and nuts.
 - Note: Small foods may be a choking hazard to young children.

- Drizzle a small amount of light margarine on popped popcorn.
- Wash the outside of a melon.
- Make ants on a log (celery stick with peanut butter, topped with raisins).
- Sprinkle low fat cheese on baked chips and melt. Ask for help with the microwave.
- Pull apart a muffin into two halves. Help spread a low fat margarine on one side. Put the muffin back together.

- Pull apart low fat string cheese.
- Spread hummus or refried beans on a tortilla or pita pocket.
- Dip apple slices into peanut butter.
- Count out 10 baby carrots.
- Open a fruit pack. Use the plastic fruit packs to avoid any sharp edges on the cans.

- Spread low fat mayo on a turkey sandwich.
- Open a package of frozen 100% fruit bars. Eat one bar.
- Wash the outside of a green pepper. Wipe with a paper towel. Get help removing the core, stem, and seeds. Ask for help cutting into strips.
- Wash hands, wash grapes, place in container and freeze. Take these out hours later for a yummy treat of frozen grapes.
 - Note: Grapes may be a choking hazard to young children.

- Count out 10 animal crackers or pretzels.
- Pour cereal into a bowl. Add milk. Sprinkle a sugar substitute on cereal.
- Spread pizza sauce on a whole-grain toasted English muffin.
- Cut a banana into slices. Place slices in a plastic bag in the freezer. Take out several hours later and enjoy frozen bananas!

- Spread light jelly or peanut butter on toast or an English muffin.
- Peel a banana.
- Count out 10 chips.
- Sprinkle a sugar substitute on tomato slices.
- Ask for help! Bake a potato in the microwave for 4-8 minutes. Top with salsa or low fat cheese.
 - Note: Potato may be really hot when removed from microwave. Use a potholder.

- Sprinkle mozzarella on a tortilla and warm in microwave.
- Add fresh or frozen berries to nonfat plain yogurt and mix.
- Combine low fat crackers with low fat cheese. Make a cracker sandwich.
- Try different citrus fruits. Get help slicing an orange, lemon, lime, and grapefruit.

- Dip breadsticks in marinara sauce.
- Dip lettuce in low fat dressing.
- Dip baked chips in salsa.
- Pierce cherry tomatoes, apple wedges, and pineapple chunks with a toothpick.
 - Note: Toothpicks are very dangerous in the hands and mouths of young children. Keep them out of reach.

- Spoon cottage cheese onto a baked potato.
- Sprinkle apple slices with cinnamon.
- Count out $\frac{1}{4}$ cup of almonds, soy nuts, walnuts or pecans.
Name the nut!
- Mix a glass of tomato juice with a stick of celery. Munch on the celery while you drink the juice.
- Ask for help! Scramble an egg.
 - Note: Hot stoves and pans can be dangerous for young children.

- Cut kiwi in half and use a spoon to dish it out.
- Open a pudding container.
- Remove the shell on a hard-boiled egg.
- Open a low fat granola bar.
- Ask for help! Blend $\frac{1}{2}$ cup yogurt, $\frac{1}{2}$ cup 100% fruit juice and $\frac{1}{2}$ cup frozen fruit. Drink up!

Call (701) 256-6208 for more snack books or comments.