



# "I EAT RIGHT"

## Snacks Can Be Healthy Too!

What are some favorite snacks that your children have? Are they healthy snacks?

What makes a healthy snack?

- try to include two food groups in a healthy snack.
- Here are some combination examples: whole grain cracker and cheese, or veggie with hummus, or fruit and nuts.

Why should we eat a healthy snack?

- Gives an energy boost in between meals;
- Gives you vitamins and minerals to build a healthy body;
- Helps keep your stomach from feeling empty while you wait for your next meal.

We should eat one or two snacks a day

### HEALTHY HABIT OF THE DAY:

I choose healthy snacks.



Healthy LifeStars

### INTERESTING FACTS ABOUT SNACKS!<sup>1</sup>

- The fact that you are eating in front of the TV or a movie can indeed change the quantity of food you eat. Both sad and action packed movies are said to inspire more munching!
- Lack of time is one of the main reasons people eat unhealthy. Unhealthy snacks are usually preferred to healthy ones for convenience in buying (time and money wise). People don't want to stress to go looking for healthy alternatives.
- Processed food have been defined as addictive.
- Sometimes, when you crave sugary treats, it can be a signal that your body is simply lacking water. In other cases, it can be attributed to a lack of magnesium.
- Your sweet cravings are generally caused by stress and anxiety. To overcome them, you can meditate before meals and try to relax!

### QUESTIONS TO ASK YOUR CHILD

**Q:** Are candy bars healthy? What is a good thing to eat instead of candy?

**A:** Candy bars are a once-in-a-while treat.

Choosing a sweet piece of fruit like an apple or orange is a great way to snack, where you get sweet without added sugars!

**Q:** What are the five food groups?

**A:** Fruits, vegetables, grains, dairy, and protein

**Q:** What can I do at home to help you eat more healthy?

1 David J.A. Jenkins, M.D, et al. (1989) Nibbling versus Gorging. New England Journal of Medicine. 321:929-934

HEALTHY

# Snacks

FOR EVERY CRAVING

## A SNACK=

200 calories or less

Look for

## PROTEIN AND FIBER

in every snack

**The purpose of a snack is to help keep you full so you don't overeat later!**



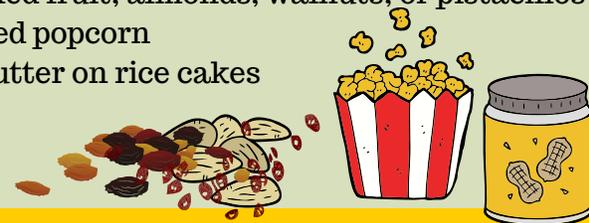
### craving something SALTY?? try:

- An ounce of cheese with whole wheat crackers
- Hummus with raw veggies
- Hummus with a whole wheat pita
- A hard-boiled egg with whole wheat toast



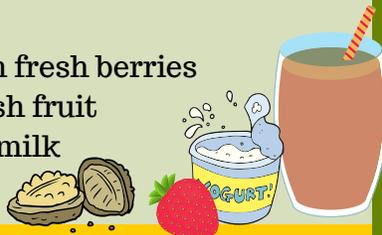
### craving something CRUNCHY?? try:

- Dried mixed fruit, almonds, walnuts, or pistachios
- Air-popped popcorn
- Peanut butter on rice cakes
- Trail mix



### craving something CREAMY?? try:

- Plain, steel-cut oatmeal with dried fruit and walnuts
- Plain Greek yogurt with fresh berries
- Cottage cheese and fresh fruit
- Lower sugar chocolate milk



### craving something SWEET?? try:

- Apple or banana with a tablespoon of peanut butter
- Frozen banana with melted dark chocolate
- Whole grain cereal with low-fat milk
- half a peanut butter and jelly sandwich



## RECIPE IDEA: EASY FROZEN-YOGURT AND FRUIT POPSICLES

\$7.00 total - \$0.88 / serving

### Ingredients

- 2 cups fresh fruit of any kind (bananas, strawberries, and blueberries all work really well)
- 2 cups plain low-fat yogurt
- 8 small paper cups
- 8 Popsicle sticks
- Aluminum foil

Place the desired kind of fresh fruit and yogurt into a blender. Cover, and blend until fruit is chunky or smooth, as desired.

Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a Popsicle stick through the center of the foil on each cup.

Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off the paper cup.

Recipe courtesy of

<https://cookbooks.leannebrown.com/good-and-cheap.pdf>

# Healthy Snacks!

Circle the healthy snacks! Cross out the unhealthy ones!

