

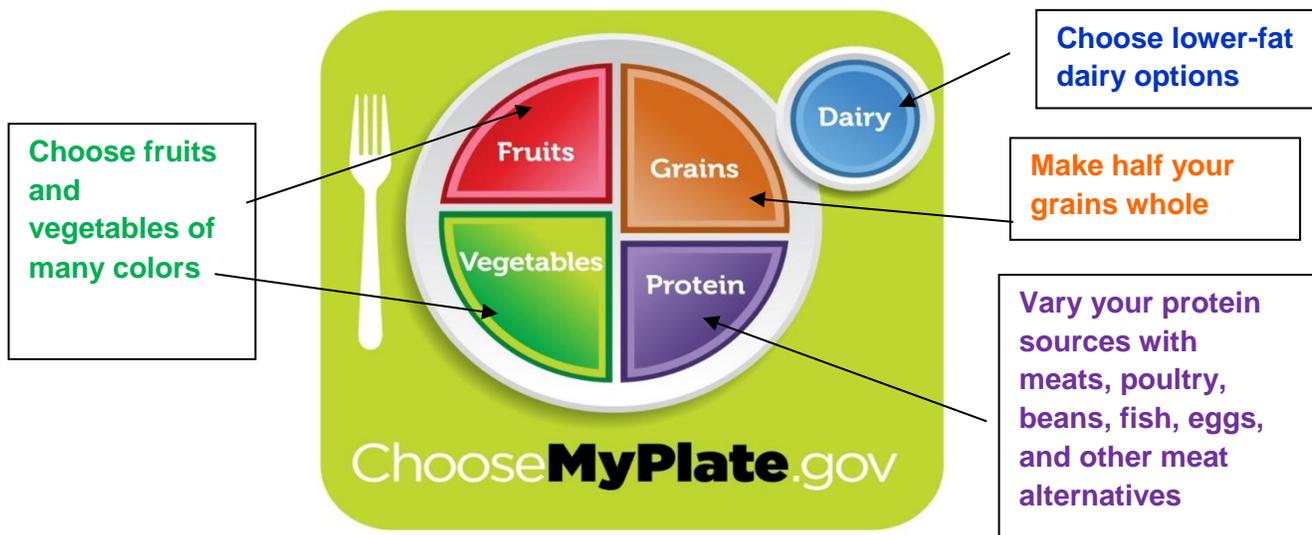
Healthful snacks are an important part of good nutrition and provide active kids and teens the energy they need to get through the day. Snack time is a great time to eat from food groups lacking during the day. Choosing a snack with fiber or protein will help prevent feeling hungry between meals.

## Snack Tips

- Think about what food groups are missing from regular meals. For example have you had something from each of the five food groups? If not, think about adding these to a snack.
- When it comes to smart snacks, think outside the box. Snacks do not have to be packaged in order to be easy.
- Serve snacks at the table with all electronics off. Try to serve snacks at the same time each day. For example, have a sit-down after school snack at 3:30 pm each day. A snack routine is important to avoid grazing or snacking out of boredom.
- If your family is often busy, plan ahead and try to prepare snacks ahead of time. For example, cut up watermelon or pineapple and split into several containers for the week.
- Juice is not a good snack option. Fruit juices can be damaging to teeth. Your child may not grow well if they have too much juice. Choose fruit over fruit juice.
- Read labels on packaged foods before buying. Look for snacks with little or no added sugar that also have some fiber or protein in them.

## Use MyPlate

Use MyPlate to help choose balanced snacks. **For snacks, aim for 1 to 2 different food groups.**



For more information on MyPlate, go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

**Note:** Foods marked with an asterisk (\*) may be choking hazards and should not be given to children less than 3 years of age.

### Grains

<ul style="list-style-type: none"> <li>• Whole wheat bread</li> <li>• Whole wheat English muffin</li> <li>• Mini whole wheat waffles</li> <li>• Whole grain pretzels</li> </ul>	<ul style="list-style-type: none"> <li>• Graham crackers or whole wheat crackers like Triscuits</li> <li>• Granola bar*</li> <li>• Whole grain pita triangles</li> <li>• Popcorn</li> </ul>
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### Fruit

<ul style="list-style-type: none"> <li>• Any fresh fruit</li> <li>• Fruit salad</li> <li>• No sugar added fruit cup</li> </ul>	<ul style="list-style-type: none"> <li>• Fruit kabobs*</li> <li>• Unsweetened dried fruit*</li> <li>• Applesauce</li> </ul>
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### Dairy

<ul style="list-style-type: none"> <li>• Low-fat milk</li> <li>• Low sugar yogurt</li> <li>• Cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• String cheese, cheese slices or cubes</li> <li>• Kefir or low sugar yogurt drinks</li> <li>• Smoothies: yogurt, milk and frozen fruit</li> </ul>
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### Protein

<ul style="list-style-type: none"> <li>• Thin-sliced deli meats</li> <li>• Hard-boiled eggs</li> <li>• Hummus or other bean dip</li> <li>• Turkey or beef sticks or jerky*</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts* and seeds*</li> <li>• Peanut butter</li> <li>• Cashew, almond or sunflower seed butter</li> </ul>
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### Vegetables

<ul style="list-style-type: none"> <li>• Any raw vegetable: carrots, cucumbers, broccoli, cauliflower, bell peppers, cherry tomatoes, sugar snap peas.</li> </ul>	<ul style="list-style-type: none"> <li>• Pair vegetables with dip. See Vegetable Dilly Dip recipe below</li> </ul>
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#### Recipe: Vegetable Dilly Dip

2/3 cup plain yogurt	1/3 cup sour cream	1 teaspoon lemon juice
1 teaspoon dill weed	1 teaspoon dried onion	

Directions: Combine all ingredients in a small bowl and mix well. Chill in the refrigerator.

**ALERT:** Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

**This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**