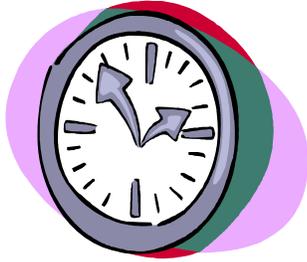


It's Snack Time!



Snacks are an important part of our diet and should be eaten every day. They help keep our energy levels up during the day, provide our bodies with important vitamins and minerals, and help us from getting too hungry and overeating at mealtimes. Choose healthy snacks that include foods from the five food groups.

Healthy Snacking Tips

- Keep healthy, ready-made snacks in the refrigerator.
- Place fruits and vegetables in the refrigerator at eye level.
- Separate snacks into small baggies so you can grab and go.
- Plan snacks ahead of time. Know what, how much, and when you will snack.
- Prepare extra food at meal times and save it for snacks.
- Limit sugary snacks such as pop, candy, cakes, and cookies.
- Serve snacks on a dish instead of eating from a package. This will help you control how much you eat.

Shopping for Healthy Snacks

- Have healthy snacks on your grocery list.
- Plan ahead. Buy snacks at the supermarket instead of the vending machine to save money and make healthier choices.
- Read labels for fat and sugar content.
- Avoid buying high-fat, high-sugar snack foods in the checkout aisle.



Know how. Know **now**.

Healthy Snack Ideas

Protein Foods Group

- Peanut butter on crackers or celery
- Trail mix
- Sliced turkey or ham
- Peanuts or almonds
- Scrambled eggs with cheese and vegetables



Dairy Group

- Smoothies
- String cheese
- Yogurt
- Yogurt dip for fruits and vegetables
- Cheese and crackers
- Cottage cheese with fruit



Vegetable Group

- Garden salad
- Celery sticks with cheese
- Baby carrots dipped in yogurt
- Baked potato topped with cheese and salsa
- Vegetables dipped in low-fat sour cream or ranch dressing
- Celery topped with peanut butter and raisins
- Broccoli with low-fat cheese



Fruit Group

- Canned, dried, or fresh fruit
- Bananas and peanut butter
- Apple slices with caramel
- Sliced fruit on a stick
- Frozen grapes
- Peanut butter on toast topped with sliced apples or bananas
- Strawberries and bananas dipped in vanilla yogurt



Grain Group

- Hot cereal with raisins
- Popcorn sprinkled with taco seasoning
- Whole grain crackers topped with flavored cream cheese
- Soft pretzel with melted low-fat cheese
- Bowl of cereal with skim milk and fruit
- Tortilla filled with vegetables, salsa, and low-fat cheese
- Bagels with low-fat flavored cream cheese



Source: University of Illinois Extension “Healthy Snacks: Teacher’s Guide” and www.learningzoneexpress.com