

Healthy Snack Tips for CLA parents

Please avoid snacks with added sugar or salt and absolutely no artificial flavors, colors or other additives. A good rule is if you can't pronounce it, you shouldn't eat it. Check the ingredients in snack for unnatural additives and preservatives.

Serving healthy snacks to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially-disabling diseases, such as heart disease, cancer, diabetes, high blood pressure, and obesity. Snacks play a major and growing role in children's diets. Between 1977 and 1996, the number of calories that children consumed from snacks increased by 120 calories per day.



Fruits and Vegetables:

Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day. Eating fruits and vegetables lowers the risk of heart disease, cancer, and high blood pressure. Fruits and vegetables also contain important nutrients like vitamins A and C and fiber.

- √ Apples (it can be helpful to use an apple corer)
- √ Apricots
- √ Bananas
- √ Blackberries
- √ Blueberries
- √ Cantaloupe
- √ Cherries
- √ Grapefruit
- √ Grapes (red, green, or purple)
- √ Honeydew Melon
- √ Kiwis (cut in half and give each child a spoon to eat it)

- √ Mandarin Oranges
- √ Mangoes
- √ Nectarines
- √ Oranges
- √ Peaches
- √ Pears
- √ Pineapple
- √ Plums
- √ Raspberries
- √ Strawberries
- √ Tangerines
- √ Watermelon

Also try all natural applesauce, dried fruit or fruit leathers (all natural/organic fruit 'roll-ups')

- √ Broccoli
- √ Carrot sticks or Baby Carrots
- √ Cauliflower
- √ Celery Sticks
- √ Cucumber
- √ Peppers (green, red, or yellow)
- √ Snap Peas
- √ Snow Peas
- √ String Beans
- √ Tomato slices or grape or cherry tomatoes
- √ Yellow Summer Squash slices
- √ Zucchini slices

Add hummus, natural salad dressing, low-fat cream cheese or peanut butter to any veggies

Healthy Grains

Try to serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains.

- Whole grain English muffins, mini-bagels, pita or tortilla
- Low-fat whole grain cereals (Cheerios, Wheaties and Raisin Bran are great choices)
- Rice Cakes
- Popcorn (unbuttered)
- Low-fat granola

Other Snack Ideas

- Nuts (**WARNING:** a small but growing number of children are developing nut allergies, check to make sure no other children in your child's class has a nut allergy.) Almonds, walnuts and soynuts are especially great choices
- Trail Mix (without chocolate or candy) can include: pumpkin seeds, sunflower seeds, dried fruits and whole grain cereals and granolas.
- Lunch meat (choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas or crackers. Cut sandwiches in half to make snack-sized portions.)



Healthy Beverages

Children who consume sugary beverages such as sodas, sweetened teas and lemonades on a regular basis are three times more likely to be overweight. Switching these beverage choices with low-sugar, low-calorie alternatives like milk or soy drinks can help prevent heart disease or osteoporosis in adulthood.

- Water!
- Low-fat and fat-free milk
- Soy and rice drink
- 100% fruit juice (orange, grape and pineapple juices have the most nutrients.)

Most information in this pamphlet taken from the Center for Science in the Public Interest.