

Be A MyPlate Kid

Healthy Snacks for Home and School

Smart snacking is a great way to meet daily nutrient requirements that may be missed at meal times. Children may need snacks to help them get enough calories (energy) throughout the day. Choosing healthy foods that add nutrients like vitamins and minerals to their diets is essential.

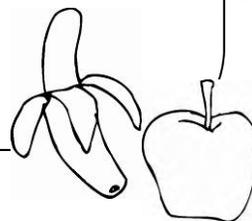
Dairy

- String cheese and fruit
- Milk or yogurt smoothies with juice and sliced banana or strawberries
- Cottage cheese or yogurt with fruit (fresh or canned)
- Frozen or regular yogurt with fresh fruit
- Fat-free or 1% milk (regular or flavored)



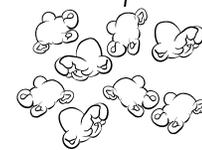
Fruits & Vegetables

- Raw vegetables with low-fat yogurt dip, cottage cheese or hummus (baby carrots, celery sticks, cucumber slices)
- Apples and cheese—pears and other fresh fruits work too!
- Snack-size applesauce
- Frozen fruit bars
- Trail mix with nuts and dried fruit
- 100% fruit juice



Grains

- Whole-grain crackers with cheese or peanut butter
- Whole-grain cereal with milk
- Flavored rice cakes (like caramel or apple cinnamon), with peanut butter
- Baked potato chips, or tortilla chips with salsa
- Popcorn—air-popped or low-fat microwave
- Pretzel sticks and a glass of milk
- Graham crackers, animal crackers, fig bars or raisins and a glass of milk



If chosen carefully, snacks can promote good health by supplying nutrients without adding too many calories. Visit www.mealsmatter.org for FREE tips, interactive nutrition assessment tools, easy-to-prepare recipes, meal suggestions and more.

Information adapted from the Dairy Council of California.

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Eat Smart Be Smart

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