



Munch! Munch! Munch!

Sneaking Nutrition into Snack Time
Parent Fact Sheet

A nutritious snack includes one or more foods from the Five Food Groups

Snacking can be healthy.

It recharges a hungry body, providing an energy boost for work and play. And carefully chosen

snacks can help meet protein, vitamin and mineral needs.

Make it easy for your child to choose healthy snacks. Think ahead! Stock the kitchen with “help-yourself foods” that pack a powerful nutrient punch. Here are a few ideas for the counter, cupboard and refrigerator.

Grains

Choose whole grains more often

- Animal crackers
- Baked tortilla chips
- Cereal
- Graham crackers
- Mini-bagels
- Mini-muffins
- Cereal
- Popcorn
- Pretzels
- Crackers

Ingredients

You cannot tell if a food is whole grain by color alone. Read the ingredients list on the label. Choose snacks that name the following first on the list ~ whole wheat or whole wheat flour, whole oats, oatmeal, whole-grain corn, whole rye, whole-grain barley and graham flour.

continued on other side...



...continued from other side

Vegetables

Vary veggie choices

- Broccoli
- Carrot sticks or baby carrots
- Celery sticks
- Cherry or grape tomatoes
- Cucumber circles
- Cauliflower
- Pepper rings or strips
 - green, red, yellow or orange
- Zucchini sticks

Fruits

Fresh, frozen, canned, or dried

- Apples
- Bananas
- Berries
- Grapes
- Kiwi fruit
- Mangoes
- Melons
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Raisins

Milk

Select lowfat and nonfat dairy products most often

- Milk – flavored or unflavored
- Cheese – wedges, shapes or string cheese
- Cottage cheese
- Yogurt – cups, smoothies or tubes
- pudding



Munch!

Sneaking Nutrition into Snack Time

Parent Fact Sheet

Meat & Beans

Choose lowfat and lean protein-rich foods

- Bean dip
- Deli meats such as ham or turkey
- Hard-cooked egg
- Hummus (chickpea dip)
- Nuts and seeds
- Peanut butter
- Peanuts

A Dozen Snack Combos

Mix things up for better nutrition

- ▲ Roll sliced turkey or ham and cheese in a tortilla
- ▲ Combine two whole grain cereals and milk
- ▲ Dunk fresh veggies in a lowfat yogurt dip
- ▲ Layer lowfat yogurt, whole grain cereal, and fruit
- ▲ Mix together bear-shaped graham crackers, oat-ring cereal and raisins
- ▲ Spread peanut butter on a graham cracker and top with banana slices
- ▲ Serve baked tortilla chips with salsa or black bean dip
- ▲ Add peanuts or walnuts, sunflower seeds, and pumpkin seeds to popcorn
- ▲ Top whole-wheat pita bread triangles with hummus
- ▲ Mix bite-size shredded wheat squares, sunflower seeds and dried fruit
- ▲ Spread apple slices with crunchy peanut butter
- ▲ Serve grapes or apple slices with cheese and crackers

For more information, visit www.MyPyramid.gov