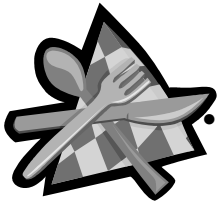
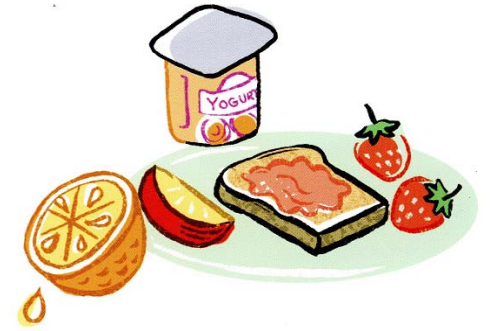


Healthy Snacks Parent Handout



Why Smart Snacks?

Most kids like snacks. That's fine. Think of snacks as mini-meals to help provide nutrients and food energy your child needs to grow, play, and learn.



Keep food group snacks handy.

- Fruit (mango, papaya)
- Vegetables (cucumber, Mexican 'chayote' squash, boiled potatoes, jicama)
- 100% juice or 'aguas de fruta', licuados with fruit and no added sugar
- "Arroz con leche," low-fat or non-fat milk, yogurt
- Whole grain bread (semas).

Go easy on snacks with added sugars.

- Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy. Offer water when kids are thirsty.
- A little candy once in a while is okay, but sweets should not be a regular snack.

Time smart snacks carefully.

- Aim for 2 to 3 hours before meals.
- That way your child will be hungry for lunch or dinner.

Let smart snacks fill in the gaps.

- If your child misses fruit for breakfast, offer fruit at snack time.

Offer snacks to satisfy hunger.

- Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior.

Keep snacks small.

- If your child is still hungry, he or she can ask for more.

Snack smart yourself!

- Do you snack when you feel stressed or bored –or just when you're hungry? What foods do you snack on?
- Remember your child learns snack habits by watching you. Be a smart role model!

Banana Dog

- Peanut butter
- 1 hot dog bun
- 1 banana

1. Spread peanut butter on a hot dog bun.
2. Add a small peeled banana for an unusual treat. Each sandwich makes 2 servings.

