

TAKE HOME SNACKING TIDBITS

For Parents

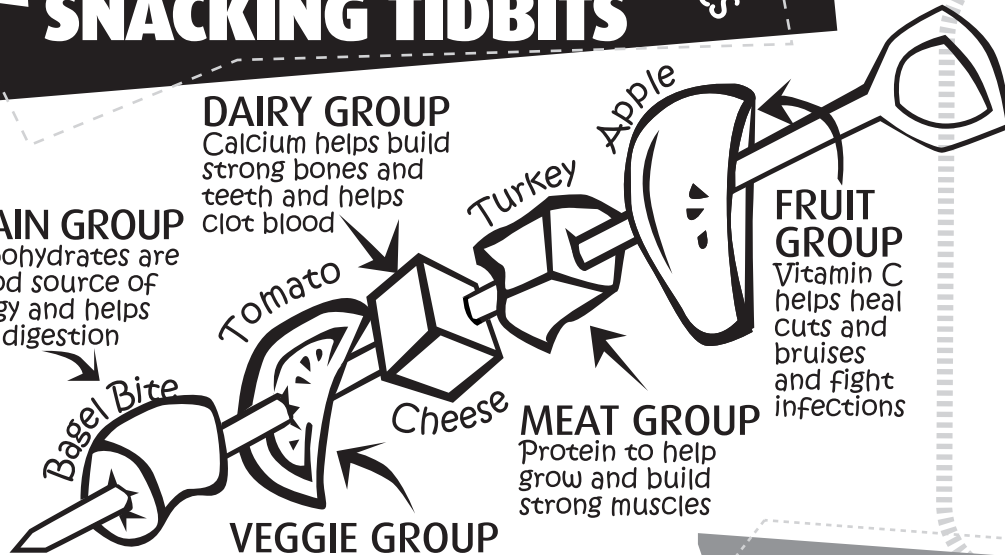
GRAIN GROUP
Carbohydrates are a good source of energy and helps with digestion

DAIRY GROUP
Calcium helps build strong bones and teeth and helps clot blood

FRUIT GROUP
Vitamin C helps heal cuts and bruises and fight infections

MEAT GROUP
Protein to help grow and build strong muscles

VEGGIE GROUP
Vitamin A for healthy skin and good vision



Be Serving Size Savvy

- Take a minute to glance at the nutrition facts label for the recommended serving size.
- Ask your young snackers to guess what one serving looks like. Then see how close they were!
- Look to see that the food provides a good source of protein, carbohydrate, vitamins, and minerals.

Fruit Yogurt SMOOTHIE

Makes 4 servings
Prep time: 5 minutes

- 1-1/2 cups cold fat free or low fat milk
- 1 container (8oz.) vanilla low fat yogurt
- 1 cup frozen berries or fresh fruit

Place all ingredients in blender in order listed; cover. Blend on high speed until smooth. Serve immediately.

Make Snacking Fun!

Plan Ahead

- Plan daily snacks! Kids need healthy snacks to meet their growing bodies' nutritional needs
- Keep your refrigerator & pantry stocked with healthy foods & beverages that provide many key nutrients
- Have a variety of foods available that can be easily prepared and "ready to go"

Choose Variety

- Combine 3-5 of the Five Food Groups for a nutrient rich snack
- Ask your child to name healthy foods to add to the grocery list
- Let your child pick a new snack food each week
- Be willing to try new foods and food combinations with your child



Mix it Up a Little!

Low-fat Fruit or Vegetable DIP

1 cup dry-curd low fat cottage cheese
1/2 cup nonfat yogurt

Vegetable:

Choose from these seasonings:

Ranch: 2 tablespoons dry dressing mix
Onion: 2 tablespoons dry onion soup mix
Parmesan: 2-4 tablespoons grated cheese

Fruit:

Fruits/Berries: to taste
Honey: 2 tablespoons
Jams: berry, orange, apricot, fruit of choice

Mix all ingredients in a blender or mash cottage cheese with a fork before mixing with yogurt. Chill 1 hour to let flavors blend. Serve with fresh fruits or vegetables.

