

SMART SNACKING

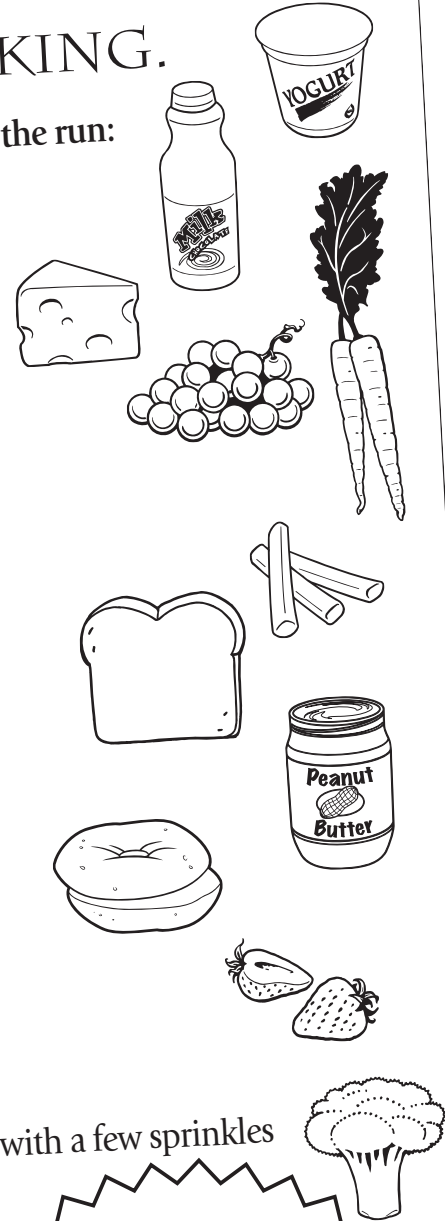


Snacking can be an important part of a child's diet. The key is:

PICK FOODS THAT ARE NUTRITIOUS AND GOOD TASTING FOR SNACKING.

Here are 26 Smart Snack ideas for eating at home, at school or on the run:

1. Last night's leftovers and a glass of milk
2. Cold pizza
3. Crackers and mini carrots with hummus for dipping
4. Chocolate milk and a banana
5. Yogurt and a mini-muffin
6. Cheese, crackers and grapes
7. Cold french toast strips and applesauce for dipping
8. Whole wheat toast with peanut butter and a glass of milk
9. Whole grain cereal and milk
10. String cheese and orange wedges
11. Turkey and cheese rolled in a tortilla to make a spiral sandwich
12. Yogurt topped with fruit or lowfat granola
13. Cut, raw vegetables and a slice of cheese
14. Pudding topped with sliced bananas
15. Mini-bagel with lowfat cream cheese and carrot sticks
16. Cheese melted in a pita pocket spread with pizza sauce
17. Mini-bagel pizzas
18. Fresh fruit with yogurt dip
19. Trail mix
20. Little sandwiches cut into fun shapes
21. Yogurt parfaits – fruit, yogurt and cereal layered in a clear cup with a few sprinkles
22. Lowfat chocolate, strawberry or orange milk
23. Cut fresh vegetables with lowfat yogurt dip
24. Baked tortilla chips with salsa
25. Breadsticks with sauce for dipping
26. Graham crackers "painted" with pudding



For more nutritious snack ideas, go to www.NutritionExplorations.org

- Click on: Parents
- Click on: Healthy Kitchen