

## SNACKS

Snacks are “mini-meals” that can provide up the one-fourth of a child’s daily energy needs!! They’re also a great way to increase fruit and vegetable intake. We have commonly seen that most of the families we work with are at a loss for good snacks that both parent and child agree on. Planning ahead to avoid hunger driven choices or power struggles is key. We have often suggested and make the suggestion now that parent and child sit down together with this list of snacks, and mutually agree on those snacks your child will enjoy. Parents and teens can also look at the list together to develop a shopping list so that healthy and desired snacks are available.

A packed, pre-portioned snack planned ahead of time and left for your child helps avoid the continual snacking between coming home from school and dinner that we hear about so often. We also recommend balancing the snack between two or more food groups, and including a protein source and whole grain products that provide fiber to help increase feelings of fullness and satisfaction.

*Ideas* (many taken from the snack list on our web page and included in your folder you received at your first visit):

\_ sandwich: whole wheat bread with turkey, ham, peanut butter (easy does it) and jelly, cheese, or tuna, light or no mayo, mustard, lettuce, tomato  
\_ whole wheat bagel with 2 T. pizza sauce and 1 oz cheese  
One small whole wheat tortilla with 1 oz cheese (quesadilla)  
mozzarella cheese stick with apple  
5 crackers with cheese or \_ cup of low-fat cottage cheese and fruit  
Non-cream soup with crackers

### *Fruity/Veggie stuff*

cut-up or whole fruit with yogurt or “salty stuff” (see below)  
cut-up or whole vegetables (carrots, cucumber, peppers) with 2 T. low-fat or non-fat ranch dressing, low-fat dip, or low-fat hummus  
celery with 1-2 T. peanut butter or low-fat cream cheese  
carrot-raisin salad with pineapple chunks  
vegetable, lentil, or split-pear soup  
apple with 1-2 T. peanut butter  
pear or apple with 1 oz. cheese

### *Salty stuff*

beef jerky  
low-fat chips, pretzels, soy crisps, rice cakes, lite or air-popped popcorn

### *Sweet stuff*

2 graham crackers with 1 T. peanut butter or 1 cup low-fat or non-fat yogurt  
8 animal crackers and 4 oz of low-fat milk, yogurt, or pudding\

Vanilla wafers, meringue cookies, angel food cake  
\_ cup low-fat frozen yogurt