

# RIGHT BITE

YOUR NEWSLETTER  
FOR BETTER EATING

SNACK ATTACK | FCS238



## SNACK ATTACK!

Snacking can be an important part of a healthy diet. Snacks help with hunger between meals and can also contribute important nutrients to your daily diet.

Snacking is especially important for children. When timed correctly, snacks can help kids get the energy they need. Most kids need to eat every 3-4 hours throughout the day.

Eating healthy snacks early in life is important because the foods that children choose now often set the stage for what they will choose to snack on later in life.

## DID YOU KNOW?

It's possible to improve your health with good-for-you snacks. Trade your orange flavored cupcake for a real orange. You will save over 300 calories and gain Vitamin C. Choose a handful of carrots over a carrot snack cake and save over 200 calories while reaching your daily recommended amount of Vitamin A.

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## WHAT MAKES A HEALTHY SNACK?

The goal of snacking is to eat just enough to control your hunger without feeling too full.

A snack should have about 200 calories. Aim to eat from the major food groups when snacking. And remember, beverages count as well as food.

Some healthy snack options include:

- Pretzels
- Graham crackers
- Low-sugar cereals
- Popcorn
- Dried fruit
- 100% fruit juice
- Fruit slices
- Hummus
- Chopped raw veggies with low-fat dip
- Fat-free or low-fat milk, yogurt, or cheese
- Peanut butter
- Hard-boiled eggs
- Peanuts



## SMART SNACKING

With so many options available it can be hard to make healthy choices when snacking.

Try these 5 ideas for Smart Snacking:

1. **Make healthy snack choices the easy choice.** Keep snacks from the major food groups handy.
2. **Let snacks fill in the gaps.** If your child misses fruit at breakfast, offer fruit at snack time.
3. **Time snacks carefully.** Snacks should be offered 1 to 2 hours before meals so your child will be hungry for lunch or dinner.
4. **Keep snacks small.** If your child is still hungry, he or she can ask for more. Let your child decide what's enough.
5. **Go easy on sugary drinks.** Offer fat-free or low-fat milk, 100% fruit juices or water as snack drinks. Sugar sweetened drinks can crowd out foods your child needs to grow and stay healthy.