



NEWS PARENTS CAN USE

Session 6

Snackin' Healthy

Snacks and Water

Snacks are A-Okay!

Nutrition In Me! Club members need snacks – they're growing fast but their stomachs are too small to hold enough food to last from meal to meal. Follow these basic guidelines for trouble-free snacking:

- Make snacks nutritious, not an excuse to eat junk food.
- Consider snacks as mini-meals, so eat foods from various food groups.
- Be creative, make up your own snacks rather than relying on store-bought foods that are high in fat, sugar and salt.
- Don't serve sweet snacks within two hours of a meal, or it kills the appetite. And it's a good idea to not have snacks at all within half an hour of a meal.



Try These Homemade Snacks

- Keep plastic containers of sliced vegetables in the refrigerator and easy to grab—bell pepper slices, carrots, broccoli trees—cold and crunchy! Serve with a dip made with low-fat sour cream.
- Canned fruit topped with granola.

Water Wonders

Children need about 6 to 8 cups of water every day and adults need about 8-10. Try these tips to get plenty of water:

- Get a reusable water bottle in favorite colors for everyone in the family.
- Keep water bottles in the car and backpacks. (Wash water bottles every day!)
- Flavor water with a slice of orange.
- Mix herb tea with diluted fruit juice for a "juice cooler."
- Dilute fruit juice with seltzer water for a sparkling juice drink.



Serve up Some Fiber

Kids need fiber too, just like adults. Like a whiskbroom, fiber helps sweep the digestive tract clean. Fruits, vegetables, beans and whole grains are good sources of fiber. Choose whole grain breads that have at least 2 grams of fiber per slice. Drink plenty of water to help fiber do its job.





Just Do It!

For fun and good health, you and your child can...

- ◆ Take a trip to the grocery store and stock up on healthy snacks.
- ◆ Put a basket or a box in your cupboard and call it the Snack Attack Basket. Keep it full of healthy snacks.
- ◆ Keep a fruit basket on the counter. Let your child pick out brightly colored fruits to put in it.



Families On The Move!

Stay Active On Rainy Days....

- ◆ Buy or rent a video of aerobics, tae-bo, dancing, or any activity your child likes.
- ◆ Work some aerobics or martial arts moves into chores around the house.
- ◆ Instead of going to the kitchen for snacks during TV commercials, make it a family game to get up and do action moves during each commercial period. Rotate who gets to lead the moves.

Parent's Corner

Some children don't like to try new foods. But it's a good idea for children to eat many different kinds of fruits and vegetables to get all the vitamins and minerals they need.

Tips for your fussy eater:

- ◆ *Don't give up* – It may take 10 to 15 times before your child sees a new food as familiar.
- ◆ *Eat the new vegetable yourself* – if you don't eat it, your child probably won't either. (Maybe if you try it enough, you'll start liking it too!)
- ◆ *Show enthusiasm* – Children whose parents (or teachers) are happy about the new food are more likely to try it and enjoy it.
- ◆ *Let your child decide how much* – Give your child a choice about how much to try, every time you serve it. Even a little bite, at a few different meals, will increase the chance that your child will start liking the new food.

Inside Scoop

Ask your child to name five healthy snacks that are okay to eat daily. *(Any fruit, or vegetable, bagels, tortillas, whole wheat toast, sunflower seeds, nonfat yogurt, etc.)*