

Healthy Snacks for Healthy Kids

Tips for Families at Home



WHY DOES MY CHILD NEED SNACKS?

Healthy snacks can help curb hunger and provide energy and nutrients missed at meal time. Choose snacks carefully to supply nutrients without adding too many calories. Keep portions small and buy healthy snacks like string cheese, yogurt, fruit and whole wheat crackers at the grocery.

SIMPLE TIPS FOR HEALTHY SNACKING

For snacks on the go try pre-portioning snacks in small plastic bags. Mix and match snacks from two food groups. Graham crackers or fruit dipped in yogurt provide energy and nutrients that kids need.

KNOW THE FOOD LABEL

Look for snack choices that not only are low in fat and calories but provide the nutrients your child needs!

SNACKS ON THE GO

- String cheese
- Dried fruit
- Granola bars
- Raisins
- Baby carrots
- Banana/apple
- Low-fat popcorn
- Whole grain crackers

✓ Look for snacks with one serving

✓ Limit these nutrients

✓ Get plenty of these nutrients

Nutrition Facts	
Serving Size: 1 bar (40g)	
Servings Per Container: 1	
Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value	
Total Fat 4.5g	7%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 5g	
Vitamin A	10%
Vitamin C	10%
Calcium	15%
Iron	15%

Quick guide to daily %

- ✓ 5% or less is low
- ✓ 20% or more is high



HOW DOES EATING THE RIGHT AMOUNT OF NUTRIENTS AFFECT MY CHILD?

Nutrient dense foods provide large amounts of vitamins and minerals and few calories. Nutrient dense foods aid the body in many ways from bone growth and development to digestive health. Healthy snacks contain nutrients like vitamin A and C, iron, calcium, protein and fiber.

SNACKWISE® FOR HEALTHIER SNACKING

The Snackwise® System can help you choose healthier packaged snack foods by rating foods according to their nutrition value. Choose more green snacks for better nutrition.

Green
Best Choice

- Quaker® Oatmeal
- General Mills® Milk 'n Cereal Bars
- Kashi™ TLC Bars
- NutriGrain® Cereal & Yogurt Bars
- Quaker® Kid's Mix Snack Mix

Yellow
Choose Occasionally

- Kudos® Bars
- Pretzels (under 1.5 oz)
- Nature Valley® Granola Bars
- Quakes® Mini Rice Cakes
- Baked chips (under 1.5 oz)

Red
Choose Rarely

- Regular chips
- Candy bars
- Little Debbie® Snacks
- Cheez-Its®
- Cookies
- Beef sticks

Snackwise®

www.Snackwise.org

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