

Snack on Healthy Foods

Why Snack on Healthy Foods?

- A lot of snack foods are high in fat and sugar, high in calories, and low in nutrients. Examples: potato chips, candy, soda, juice, and fast food
- Eating sweet foods as snacks makes your child more likely to get cavities.
- Snacking is a great time to add fruits and vegetables to your child's diet.



Healthy Snack Foods

- Whole grain breakfast cereal (dry or with low-fat or non-fat milk)
- Whole grain crackers
- Low-fat or fat-free yogurt or cheese
- Unsalted nuts
- Fresh or dried fruit



Tips for Snacking on Healthy Foods

Check once you have tried each of the following:

- Ask your child to choose fruits, vegetables, and other healthy snacks while shopping. If they choose the snacks, they are more likely to eat them.
- Try keeping a bowl of fruit on the table.
- Prepare healthy snacks for peak snacking times.
- Make smoothies: blend fruit and low-fat or non-fat yogurt or milk, and ice.
- Use cookie cutters to cut fruit or vegetables into fun shapes.
- Make small sandwiches using whole-wheat bread.
- Make small quesadillas with low-fat (1% or less) cheese.
- Try baked pastelitos with vegetables or low-fat cheese.



Label Reading Made Easy – Getting The Most Out Of Nutrition Facts

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat 120**

%Daily Value*

Total Fat 13g 20%

Saturated Fat 5 g 25%

Trans Fat 2 g

Cholesterol 30 mg 10%

Sodium 660 mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The total calories from fat, carbohydrate, and protein in one serving

If a food has 5% or less of the Daily Value of a nutrient, it is “low” in that nutrient.

If a food has 20% or more of the Daily Value of a nutrient, it is “high” in that nutrient.

Shows the differences between 2000 and 2500 calorie diets. Remember, the % Daily Values are based on a 2000 calorie diet, not a 2500 calorie diet.

Serving size & number of servings per container are important. All of the information on the label is based off of one serving, not the entire container.

The % Daily Values are based on a 2000 calorie diet. You and your child may have needs that are higher or lower than that amount, so it’s best to check with a Registered Dietitian to learn how much you should be eating.

States the number of calories in each gram of fat, carbohydrate, or protein.

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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