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.
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.

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

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

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

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.

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

Nutrition Facts

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

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>260</td>
<td>120</td>
</tr>
</tbody>
</table>

%Daily Value*

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>13g</th>
<th>20%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>5 g</td>
<td>25%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>2 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>30 g</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium</td>
<td>660 mg</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

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 per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

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.