



KidFood

Nutrition Matters

Healthy Eating for Today's Kids

September 2007

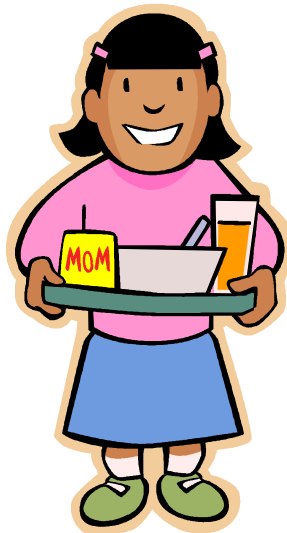
Snacking Kids

Children have small tummies and need snacks.

Three meals a day is just not enough. They need to eat 3 meals each day along with 2 to 3 snacks between these meals.

Some children seem to snack all day long. Can this be a problem? Yes!

- ♥ Some children can become overweight. They may not be eating because they are hungry. They may be eating because the food is there and it tastes good. Some children also eat because they are bored. It is easy to overeat today.
- ♥ Some children can suffer from poor nutrition. Children who snack all day usually do not eat meals very well. They are not hungry at meal times. Their diets can be low in protein, iron, and calcium.



Timing of Snacks

Offer snacks at scheduled times. Snacks are important, but your child also needs to eat meals with his family.

- ♥ Try to keep 2 hours between meals and snacks.
- ♥ If lunch was served at 12:00pm, then try not to serve a snack until at least 2:00pm.
- ♥ If dinner will be at 5:00pm, try not to serve a snack after 3:00pm.

Snacks need to be planned and nutritious!

- ♥ Offer 1 snack between breakfast and lunch.
- ♥ Offer 1 snack between lunch and dinner.
- ♥ Offer 1 snack before bedtime.

Changing a Snacker

Do you have a child who likes to snack all day long?
You can change your child's habit!

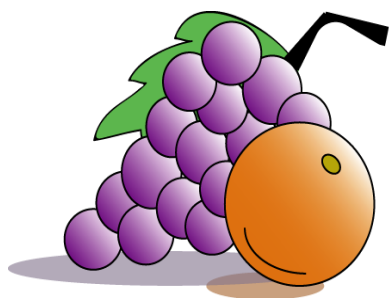
- ♥ **Develop a routine eating schedule and stick to it!** An example of a schedule could be 7:00am breakfast, 9:30am snack, 12:00pm lunch, 2:30pm snack, 5:00pm dinner, and 7:30pm snack.
- ♥ **Follow the same schedule with your child.** Eat at the same times. Your children learn by watching how you and others eat. Children like routines.
- ♥ **Be consistent.** It can take at least 2 weeks with a new schedule to change a snacker. Be patient!
- ♥ **Talk about hunger and fullness feelings with your child.** Talk about your child's tummy and your own tummy.
- ♥ **Let your child decide how much to eat.** Offer meals and snacks at routine times. Let your child decide how much he will eat.



There will be meal and snack times when your child will not be hungry and will not want to eat. That's okay. There will be another meal or snack later.

Snack on Fresh Fruits

Fruits are a perfect snack!



- ♥ Fruits are better for your children's teeth. Candy, chips and cookies are high in sugar and can cause tooth decay.
- ♥ Fruits are less likely to cause overweight problems.
- ♥ Fruits won't "spoil" a small child's appetite for his next meal.
- ♥ Snack on fruits with your child.
- ♥ Children copy what they see their parents and others doing.

Simple Snacks

Snacks can be quick and easy!

- ◆ Peel an orange and break into segments
- ◆ Slice a banana into small chunks
- ◆ Cut grapes into halves
- ◆ Make apple, mango, papaya or kiwi slices
- ◆ Serve applesauce
- ◆ Strawberries, blueberries, raspberries
- ◆ Cantaloupe or watermelon chunks (remove seeds)
- ◆ Serve fruit in zipper lock bags for an on-the-go snack



Are jelly fruit snacks a good choice?

Not really. Jelly fruit snacks are mostly sugar and they have very little real fruit in them. Some have only 10% fruit juice.

It's better to offer a snack that is 100% fruit with no added sugar.

Eat real fruit!

Banana and Apple Dip



- 1/2 banana, peeled and sliced
- 1 teaspoon milk
- 1 tablespoon low-fat yogurt
- 1/2 small apple, cored and grated
- Crackers, whole wheat bread (cubed) or small pieces of pita bread

1. Place first four ingredients in a bowl and mix together well.
2. Serve with crackers, bread or pita.

Fun Snacks

- ♥ **Fruit Kabob**—put chunks of soft fruit on pretzel sticks.
- ♥ **Banana Pops**—peel a banana and cut in half. Spread peanut butter on banana, roll in crushed cereal and wrap in wax paper. Freeze.
- ♥ **Top low-fat yogurt with fruit** (sliced strawberries, blueberries, chopped peaches, pineapple) and granola.
- ♥ **Blend fresh fruit.** Pour into small plastic cups and freeze. Serve with a spoon for a cold summer snack.
- ♥ **Cut a kiwi in half and eat with a spoon.**
- ♥ **Dip fruit in low fat flavored yogurt.** Dip cantaloupe or honeydew chunks, peach or pear slices, apple slices, raspberries or strawberries.



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Nutrition Coalition

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