



# KidFood

Nutrition Matters

*Healthy Eating for Today's Kids*

May 2006

## Snacking Kids

**Children have small tummies and need snacks. Three meals a day is just not enough!**

Children need to eat 3 meals each day along with 2 to 3 snacks between these meals.

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

**Some children can become overweight when they snack all day long.**

They may not be eating because they are hungry.

They may be eating because the food is there and it tastes good.

They may also be eating because they are bored.

It is easy to overeat in today's world.

**Some children learn to eat foods high in sugar and fat.**

Many snack foods are not healthy foods - chips, cookies, candy, and soda.

If parents and others are eating unhealthy snacks, small children will also want to eat these foods.

**Serve healthy snacks for your child!**

**Eat healthy snacks yourself!**

**Children who snack all day long usually do not eat very well at meal times.**

They are not hungry at meal times.

Their diets can be low in nutrition, such as protein, iron or calcium.

**Snacks need to be planned and nutritious.**

Offer 1 snack between breakfast and lunch, 1 snack between lunch and dinner, and 1 snack before bedtime.



**Try to keep at least 2 hours between meals and snacks.**

Watch the timing of snacks.

If lunch is at 12:00, don't serve a snack until at least 2:00.

If dinner is at 5:00, don't serve a snack past 3:00.



## Snack Times

**Serve nutritious snacks that make for those foods that your child may not eat at mealtimes:**

- ☺ Spread peanut butter on a tortilla. Top with banana slices or chopped strawberries. Roll up and eat.
- ☺ Spread refried beans on a tortilla. Sprinkle with shredded cheddar cheese. Roll up and heat in a microwave.
- ☺ Spread cream cheese and strawberry jam on crackers.
- ☺ Make a mini sandwich with crackers. Layer cheese slices and turkey or ham slices on crackers.
- ☺ Make a batch of zucchini or blueberry muffins. Place in freezer bags and freeze. Warm a muffin in the microwave at snack time.
- ☺ Top yogurt with fruit (sliced strawberries, blueberries, chopped peaches, or pears) and granola.
- ☺ Serve string cheese or cheese curds with crackers.
- ☺ Blend fresh fruit or fruit canned in juice. Pour into small plastic cups and freeze. Serve with a spoon for a cold summer treat.
- ☺ Toast an English muffin. Spread with pizza sauce. Sprinkle with shredded mozzarella cheese. Heat in microwave.

## Pack a Snack!

Children are often hungry. Our lives are also very busy. It can be difficult to keep children happy when running errands and keeping appointments.

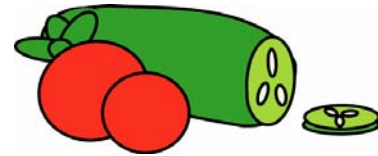
**Be prepared - plan ahead and pack a snack!**



Crackers are an easy snack. Children love them.

Moms love them. Crackers are easy to carry along.

The grocery store is full of crackers.



## Veggies to Go!

Bring along some raw vegetables when running errands. Many vegetables will travel well - just pack in a small plastic bag or container and go!

**It's an easy way to help your child learn to eat a variety of healthy vegetables!**

- ♥ Broccoli or cauliflower
- ♥ Baby carrots or carrot sticks
- ♥ Cherry or grape tomatoes
- ♥ Cucumber or zucchini slices
- ♥ Raw green beans or pea pods
- ♥ Raw kohlrabi or rutabaga sticks
- ♥ Green, red or yellow bell pepper strips
- ♥ Radishes
- ♥ Raw mushrooms

## Bring a Snack!

Planning ahead will make happier moms and children.

It will be easier to do your errands. And you will buy fewer sweets at the store or gas station.

**Bring along a healthy snack for your child and yourself!**

Crackers, dry cereal, raw vegetables and fruits travel well.

**Pack a snack in a small plastic bag and carry it along in your purse or bag.**

You will be ready for the next snack time.

- Whole grain crackers - spread a little peanut butter between 2 crackers for a mini sandwich.
- Cold breakfast cereals
- Berries - strawberries, blueberries or raspberries
- Raisins or other dried fruit
- Popcorn or pretzels
- Banana, apple or orange

**BEWARE** of foods which can cause children to choke. Children under the age of five may have trouble chewing and swallowing foods. Do not give your children the following foods:



### Round foods

- ◆ Hot dogs and meat sticks (unless sliced lengthwise)
- ◆ Grapes
- ◆ Peanuts

### Foods with pits

- ◆ Cherries
- ◆ Olives

### Hard foods

- ◆ Hard candy
- ◆ Raw vegetable sticks such as carrots and celery

### Sticky foods

- ◆ Peanut butter, unless spread on bread or crackers

**Children should always be seated and closely supervised when they are eating.**



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## Nutrition Matters

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## Nutrition Coalition

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