

# Why are snacks important?

- Snacks can help you meet your daily nutrient requirements by filling in the gaps. They give you a chance to fill in the food groups you are missing during your main meals of the day.
- Nutritious snacks help you maintain energy throughout the day.
- Choose healthy snacks like fruits and vegetables. Snacks should be viewed as mini-meals, not as a time to eat junk food.
- Snacks are an opportunity for you to provide your children with nutritious food choices as well as reinforcing good eating habits.

1. Whole wheat toast, spread with applesauce sprinkled with cinnamon
2. Bread stick
3. Bagel with light cream cheese or fruit puree
4. Waffle with peanut butter
5. Chow mein noodles
6. Popcorn
7. Puffed wheat or rice cereal with milk
8. Shredded wheat cereal with milk
9. Open-faced lettuce and tomato sandwich
10. Tortilla, spread with refried beans
11. Toasted English muffin with cheese
12. Celery with peanut butter, topped with raisins
13. Raw vegetables with cottage cheese dip
14. Tossed salad
15. Carrot-raisin salad
16. Baked potato with cottage cheese
17. Cup of vegetable soup
18. Vegetable or fruit kabob
19. Banana slices with peanut butter
20. Half a grapefruit
21. Baked apple
22. Apple and cheese slices
23. Bunch of grapes
24. Watermelon wedge
25. Wedge of cantaloupe with ice cream
26. Tangerine
27. Dried fruit: apples, apricots, pears, raisins, prunes, figs, papaya

## TAKE TIME TO PLAN.

Planning ensures health snack choices will be available. If you plan them into your weekly menu, you can easily add them to your shopping list.

28. Banana rolled in wheat germ
29. Banana topped with yogurt
30. Orange slices topped with shredded coconut
31. Hot apple juice with cinnamon and nutmeg
32. Yogurt with fresh or canned peaches
33. Cheese slices with crackers
34. Cottage cheese and fruit
35. Pudding
36. Hard-cooked egg
37. Sunflower seeds
38. Peanut butter on crackers
39. GORP— good ol' raisins and peanuts
40. Handful of almonds
41. Peanut butter on whole wheat bread
42. Glass of fruit juice
43. Glass of vegetable juice
44. Glass of milk or flavored milk
45. Blender drink
46. Sparkling mineral water with 100% fruit juice
47. Frozen yogurt
48. Frozen fruit juice bar
49. Frozen grapes
50. Frozen banana



# Pick a patchwork of fun-to-fix snacks

## almost a pyramid sundae

Graham cracker  
Fruit, canned or fresh  
Yogurt, vanilla or fruit flavored  
Nuts, chopped



Crumble a graham cracker into bottom of a small bowl or cup. Layer with 1/3 cup fruit and 1/3 cup yogurt. Top with a sprinkle of nuts. Yield: 1 serving.

## banana delight shake

1 banana  
1 carton (8 oz.) fruit flavored yogurt  
1 1/2 cups milk  
1/4 cups sugar  
1 teaspoon vanilla  
6 ice cubes or 1 cup crushed ice

Mix all ingredients in blender until ice is crushed and drink is thick. Yield: 4 servings.

## cottage cheese dip

1 cup cottage cheese  
1/4 teaspoon garlic powder  
1/4 teaspoon onion powder  
1/2 teaspoon parsley flakes  
1/2 teaspoon dill weed

Mix all ingredients together and chill. Serve with crackers or fresh vegetables. Yield: 8 servings.

## 1-2-3 shake snack

1 cup small square cheese crackers, red. fat  
1 cup oyster crackers  
1 cup tiny twist pretzels  
1 teaspoon dry Ranch dressing mix  
1 Tablespoon oil

Put all ingredients in a covered container. Gently shake until well-coated. Yield: 4 servings.

## peanut butter fruit dip

2 cups skim milk  
1/2 cup light sour cream  
1 (3.4 oz.) pkg instant vanilla pudding  
1 cup peanut butter  
1/3 cup sugar

Combine milk, sour cream, and pudding mix. Whisk until smooth. Stir peanut butter and sugar into pudding mixture. Mix until well-blended. Serve with sliced apples or bananas.

## treasure logs

Top a slice of lean lunch meat (ham, turkey or chicken) with a slice of cheese or wrap it around a string cheese. Roll up to form a log. Cut into three pieces and secure with toothpicks. Yield: 1 serving.



## tuna boats

1 can (6 oz.) tuna  
1-2 Tablespoons mayonnaise or salad dressing  
Cheese  
Crackers



Drain tuna. In a small bowl mix tuna and mayonnaise. Cut cheese into squares. Place a square of cheese on cracker. Top with a spoonful of tuna salad. Yield: 8 servings.