

Healthy Snacking

KIDS CREATE NUTRITION NEWSLETTER

Kids
CREATE

NOURISHING KNOWLEDGE

Children have smaller stomachs and high energy needs because of growth and activity levels. Well timed snacks can provide additional energy to help them be active and focused throughout the day.

Added sugars

Total Sugars: The complete amount of sugars in a product, including both naturally occurring and added sugars:

Natural Sugars are found naturally in fruits, vegetables, and dairy. Examples include the sugar in an apple or a glass of milk.

Added Sugars are those sugars that are added during processing or preparation. Examples include sugar in cookies or soda.

HEALTHY HABITS

Focus on whole foods that contain natural sugars like fruits and dairy:

Whole Grains: Whole grain crackers, popcorn, or whole grain cereal.

Whole Fruits and Vegetables: Fresh, frozen, or canned without added sugars or salt.

Hydration: Always include water to stay hydrated.

Pre-Packaged Options: Look for single-serving packs of nuts, trail mix, or dried fruit (without added sugars).

Homemade Options: Prepare snack boxes with cut-up veggies, hummus, cheese sticks, and whole-grain crackers.

MAKE IT FUN

DIY Snack Station

Invite kids to prepare personalized snack boxes from preselected snack options. Include things like cut-up veggies, hummus, cheese sticks, whole-grain crackers nuts, or dried fruit.



Added sugars

- Limit added sugars to less than 25 grams (6 teaspoons) per day.
- Focus on whole foods that contain natural sugars like fruits and dairy.
- Hidden Sugars: Look for terms like high fructose corn syrup, cane sugar, honey, and syrup.
- Offer children foods and drinks with fewer added sugars.



SCAN TO
CONNECT

CREATE BETTER HEALTH
SNAP-ED

Extension
UtahStateUniversity.



Use the MyPlate Plan at **MyPlate.gov** to find an eating plan that is right for your child.

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>. © Utah State University 2024