

Growing Healthy Families

Module 4: Snacking

Objectives

Our objectives for the session

- Recognize why we snack and what types of snacks are healthiest
- Develop a list of healthy snacks to enjoy



Snacking!

- **Children need 2 low-calorie, nutritious snacks a day.**
 - **Younger children may need more.**
- **Snacks**
 - **Give energy**
 - **Can curb overeating**
 - **Provide nutrients**

Snacks Today

- **We eat too many higher calorie snacks today!**
- **Most calories from snacks today come from:**
 - **Dessert snacks**
 - **Sweetened drinks**
- **What are some of the less healthy foods and drinks children are given as snacks?**



Drinks

- **Children need lots of water!**
 - **Fullness**
 - **Less hungry**
- **Sodas, juices, sweetened or artificially sweetened drinks**
 - **Have relatively little nutrition**
 - **Add extra calories**
 - **Fills child before meals**
 - **Juice has few nutrients...mostly natural sugars**

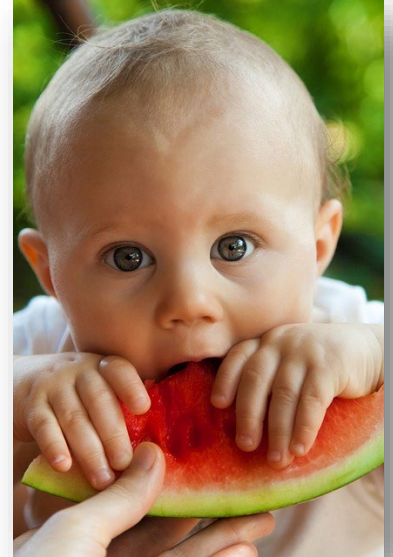


Drinks

- **Important to know!**
 - **Sports drinks often contribute to weight gain and have too much sodium**
 - **Energy drinks and coffee contain caffeine and are not for children**

Infants and Snacks

- **Babies under 6 months don't need snacks:**
 - **Give breast or bottle**
 - **When full don't force them to finish a bottle**
- **Babies older than 6 months:**
 - **No added salt, sugar or large amounts of fat**



Toddlers and Snacks

- **Finger foods**
 - **Cheerios or unsweetened cereals**
 - **Baby teething biscuits**
 - **Chopped fruits, cooked vegetables**
 - **No large pieces such as cut up hotdogs, popcorn, whole apples**
- **What other toddler snacks can you name?**

Juice – Not Needed for Infants and Toddlers

- **Infants and toddlers do not need juice – but if given:**
 - **No more than ½ cup daily**
 - **Never in a bottle as a child is going to sleep**
 - **Juice can cause tooth decay if sipped while going to sleep**

Some Guidelines

- Give healthy snacks—not just empty calories
- Read labels
- Plan ahead for snacks
- Take healthy snacks with you
- No unlimited eating
- No snacks an hour or two before mealtime

| Nutrition Facts | |
|---------------------------|----------------|
| Serving Size 2 Tbsp (31g) | |
| Amount per Serving | |
| Calories 180 | |
| Calories from Fat 130 | |
| | % Daily Value* |
| Total Fat 16g | 24% |
| Saturated Fat 2.5g | 14% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 65mg | 3% |
| Total Carbohydrate 7g | 2% |
| Dietary Fiber 2g | 9% |
| Sugars 2g | |
| Protein 7g | |
| Vitamin C 0% | Vitamin A 0% |
| Iron 4% | Calcium 2% |
| Riboflavin 2% | Vitamin E 10% |
| | Niacin 20% |

*Percent Daily Values are based on a 2,000 calorie diet.

Snack Food Label Match

Take the food labels and match the labels to the food items on your table.



169. Yogurt, soft-serve strawberry, frozen

| Nutrition Facts | | |
|-----------------------------|------|----------------------|
| Serving Size 1/2 cup (113g) | | |
| Servings Per Container 1 | | |
| Amount Per Serving | | |
| Calories | 140 | Calories from Fat 35 |
| %Daily Value* | | |
| Total Fat | 4g | 6% |
| Saturated Fat | 2.5g | 13% |
| Trans Fat | 0g | |
| Cholesterol | 15mg | 5% |
| Sodium | 70mg | 3% |
| Total Carbohydrate | 24g | 8% |
| Dietary Fiber | 0g | 0% |
| Sugars | 23g | |
| Protein | 3g | |
| Vitamin A | 2% | Vitamin C 0% |
| Calcium | 10% | Iron 2% |

* Percent Daily Values are based on a 2,000 calorie diet.

LOW=5% or less HIGH=20% or more

Taken from USDA *The Power Of Choice*

Answers to Snack Food Labels

1. Large French Fries
2. Vanilla Ice Cream
3. Peanuts
4. Fish Sticks
5. Broccoli
6. Apple Juice
7. Granola Cereal
8. Carrots
9. Bean Burrito
10. Whole Wheat Bread
11. Bagel

Tips for Healthy Snacks

- **Combine 2 types of foods for the best nutrition:**
 - **Protein and vegetable**
 - **Grain and protein**
 - **Milk product and fruit**
- **Remember that fresh or frozen and raw fruits and vegetables usually offer more nutrients than packaged.**

Make Snacks Fun!

- **Make faces on crackers with peanut butter and raisins.**
- **Make frozen popsicles using ice trays, yogurt and popsicle sticks!**
- **What ideas do you have?**

Summary

Remember:

- **Healthy snacks are important for children's health (and yours too!)**
- **Combine 2 different types of food such as a protein and fruit**
- **Healthy snacks can be simple and inexpensive**
- **Packaged snacks usually have added salt, sugar, fat and other additives that make them less healthy**

