Try Something New!

Frozen Banana Smoothie

1 cup unsweetened, fresh or frozen strawberries
1 cup 100% orange juice
1 cup vanilla low-fat yogurt
1 banana, cut into chunks and frozen

Blend all ingredients well in a blender, and enjoy! OH YUM!

Serves 2 Healthy Kids!
Nutriton per serving: Cal. 102, Protein 4g, Fat 0.5g, Fib. 3g.
Source: www.fruitsandveggiesmatters.com

Eat well, play hard! Healthy Kids Eau Claire County

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Smart Ideas for Healthy Snacking

Eat well, play hard! Healthy Kids Eau Claire County

For more ideas visit www.eauclairewi.gov/HealthyKidsECC

Use this guide to help you and your family make *smart snack choices.*

Healthy Kids Smart Snack Guide

Eat well, play hard! Healthy Kids Eau Claire County

Food Group	GO *Healthy foods to eat often*	SLOW *Slow down on these foods*	WHOA *Eat hardly ever*
Grains	Whole-grains such as: Bread or pasta Low-sugar cereals Pita or tortilla Brown rice Low-fat & sodium crackers & popcorn Low-sugar & low fat granola bars	Bread Taco shells Pasta Cornbread White rice Reduced fat muffins French toast, waffles, pancakes Regular granola or granola bars	Croissants Sweet rolls Regular large muffins Buttered popcorn Biscuits Corn chips Doughnuts Toaster pastries Crackers w/ trans fats Sweetened cereals
Vegetables	All fresh, frozen or canned veggies such as: Baby Carrots Sweet Potato Broccoli Rutabaga Edamame Jicama Sticks	Veggies with added fat & sauces Baked potato chips Oven baked French fries, tator tots, etc. 100% Vegetable juice	Deep fried or heavily sauced veggies including: Regular potato chips, French fries or hash browns Broccoli in a cheese or butter sauce
Fruit	All fresh, frozen or canned fruit such as: Peaches Bananas Apples Mango Pineapple Kiwi	100% fruit juice or frozen fruit juice bar Fruits canned in light syrup Dried fruits like: raisins, cranberries & apricots	Fruits canned in heavy syrup Fruit pies
Milk	Skim or 1% milk Fat-free or low-fat yogurt Fat-free or low-fat cheese & cottage cheese	Flavored milk Processed cheese spread or cheese food Low-fat & low sugar frozen yogurt & ice cream Cottage cheese made with 2% milk	Whole milk Full-fat American, cheddar, Swiss, cottage cheese or cream cheese Whole-milk & high sugar yogurt, frozen yogurt or ice cream
Meat & Beans	Tuna canned in water Bean dip, hummus Soy nuts Hard cooked egg	Low-fat hot dogs Peanut butter & nuts Egg or tuna salad or deviled eggs with low-fat mayonnaise	Regular fat & sodium proteins such as: Hot dogs Mayonnaise based salads Luncheon meats Tuna canned in oil Sausage
Sweets	*All sweets need to be limited so as not to exceed daily calorie requirements.	Fig bars & ginger snaps Fruit snacks made with 100% fruit	Candy Pies & cheesecake Fruit snacks without 100% fruit Cookies Cakes
Beverages	**Water**	Low calorie sports & vitamin drinks Diet soda, diet iced tea or diet lemonade	Regular soda, energy drinks Sweetened tea, lemonade Kool-aid® & other drink mixes Cappuccino, latté & coffee
Dips or Spreads	Ketchup Mustard Fat-free salad dressing Fat-free sour cream, yogurt or cream cheese	Oil-based or low-fat creamy mayonnaise or salad dressing Soft margarine Low-fat sour cream, cream cheese or yogurt	Butter Stick margarine Regular, creamy mayonnaise or dressings Regular sour cream, cream cheese or yogurt

Sources: National Institute of Health, We Can! GO, SLOW, and WHOA Foods who adapted it from CATCH: Coordinated Approach to Child Health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002.

Snacking has become a way of life for both kids and adults. Snacks can be good for us if we make good choices. Kids can benefit from healthy snacks because they often can't eat enough at a meal to provide all of the nutrients they need.

Inside you will find the Healthy Kids Smart Snack Guide. Healthy snack choices can be found in the GO box. "Treats" like ice cream, cookies, candies, chips and "fruit snacks" are found in the WHOA box and should be limited.

Use this booklet as your guide to making healthy choices. Inside you will find snack tips, recipes and lots of helpful information. Enjoy!

Think Go, Slow, Whoa!

Go Foods: *These are the healthiest foods that are good to eat anytime.*

Slow Foods: *These are sometimes foods. They aren't off-limits, but they should not be eaten every day.*

Whoa Foods: *These foods should make you say exactly that–WHOA! Should I eat that? Whoa foods are the least healthy and the most likely to cause weight problems, especially if eaten all the time.*

Let's Compare!

Apple
Medium

Nutrition Facts
Serving Size (170g)
Servings Per Container 1

Amount Per Serving	
Calories 90	**Calories from Fat** 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 0g	

- ✔ Lower Calories
- ✔ No Fat
- ✔ No Cholesterol
- ✔ Higher Fiber
- ✔ Lower Sugar

Snickers®
Candy Bar

Nutrition Facts
Serving Size (57g)
Servings Per Container 1

Amount Per Serving	
Calories 270	**Calories from Fat** 130
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 5g	25%
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
Sugars 28g	
Protein 5g	

- ✗ Higher Calories
- ✗ Higher Fat
- ✗ Higher Cholesterol
- ✗ Lower Fiber
- ✗ Higher Sugar

Eat Well!

Check out the Nutrition Facts on foods to find out the whole story about snack choices.

Calorie content should be around 100 calories per snack. Opt for lower fat choices.

Fiber satisfies hunger and helps kids feel "full" for a longer period of time. Foods with 2.5-4.9 grams of fiber per serving are considered to be a good source. Foods with greater than 5 grams per serving are considered high fiber foods.

Super Snack Ideas

Ants on a Sunny Log — Spread peanut butter or sunflower seed spread on celery sticks and top with raisins. The SunButter® is a great choice for those with nut allergies.

Banana Ice — Peel several very ripe bananas, cut them into chunks and freeze. Mix the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.

Healthy Ice Pops — Freeze fresh, unsweetened 100% juice in ice pop molds, ice cube trays or dixie cups with craft sticks or plastic spoons.

Whole-grain Pita and Hummus — Warm a pita, or whole wheat tortilla in the oven on low, then cut it into small triangles. Dip it in a tasty, low-fat hummus. Hummus is available in yummy flavors like garlic and spicy red pepper. Hummus also makes a tasty dip for cut-up veggies.

Happy Trails Mix — Combine 1 cup whole-grain toasted oat cereal with 1/4 cup chopped walnuts and 1/4 cup dried cranberries for a healthy trail mix. Makes 4 servings.

Yummy Kabobs — Thread alternate pieces of lean ham, cucumber, reduced fat cheese and cherry tomatoes onto skewers or toothpicks. Or try all fruit and veggies.

Fruity Frozen Yogurt — Mix low-fat yogurt in a bowl with fresh or frozen fruit. Pour into small cups and freeze.

Quick Tortilla Roll — Roll lean deli meat or reduced fat cheese and salsa in a wheat tortilla.

Smart Snacking Tips

- Keep a variety of ready-to-eat veggies handy. Place fresh fruit in a bowl on the counter.
- Low fat yogurt, cottage cheese or string cheese are good choices for a calcium-rich snack.
- Spread peanut butter on a graham cracker square and top with banana slices.
- Stuff fresh veggies in a pita pocket and drizzle with low fat salad dressing.
- Turn a sandwich into a snack by cutting it into stars, circles or other fun shapes with cookie cutters.
- Make a quick dip to enjoy with raw veggies by mixing low fat cottage cheese with a bit of salad dressing.
- A small serving of last night's casserole can serve as an after-noon snack.
- Set aside a "snack spot" in the refrigerator and cupboard. Keep it stocked with foods from the GO List.