

**Middle  
School  
Edition**

# Healthy Snacking Made Easy

## Healthy Snacking Tips

Aim for snacks less than 200 calories

Include two or more food groups

Pick foods with 3 grams of fiber or more and less than 3 grams of fat

Make fruits and veggies part of your snack

“Do it yourself” snacks can be fun!

## Healthy and Fun Snacks

- Crunch out with raw veggies and fruit
  - Dip in low fat salad dressing, hummus, or yogurt to make them more fun and tasty for everyone.
- Make it yourself!
  - Homemade granola bars, cookies, and muffins can be made with less fat and calories because you can control the ingredients.
  - Reduce oil or fat and add applesauce, oats, dried fruit, or yogurt to your favorite recipe.
- Build your own pizza
  - Start with pita bread, English muffin or a mini bagel, top with tomato sauce, part skim mozzarella cheese and your choice of veggies.
- Blend a smoothie
  - Add equal amounts of yogurt, fat free milk and fruit, blend and enjoy!

## Quick Tips to Increase Fiber in Snacks

- Look for whole wheat and whole grains as the first ingredients on the label.
- Pick foods with 3 or more grams of fiber per serving.
- When making cookies and other baked goods, substitute up to 1/2 of the white flour with whole wheat flour.
- Eat fruits and vegetables with every meal and snack!
- Remember! Increase fiber slowly and be sure to drink plenty of water.

# Oatmeal Dark Chocolate Cherry Cookies



## Ingredients:

- 1/3 cup butter
- 1/2 cup brown sugar
- 1/3 cup white sugar
- 1 egg
- 1 tsp. vanilla extract
- 1 cup white whole wheat flour
- 1 tsp. baking soda
- 3/4 tsp. salt
- 1 tsp. cinnamon
- 3/4 cup quick cooking oats
- 3/4 cup dark chocolate chips
- 1/2 cup dried cherries

## Preparation:

- Preheat oven to 350 degrees.
- Beat butter and sugars with an electric mixer.
- Beat in egg and vanilla.
- In a medium mixing bowl, stir together flour, baking soda, salt and cinnamon.
- Stir flour mixture into sugar mixture until well combined.
- Stir in oats, then chocolate chips.
- Roll dough into walnut-sized balls and place 2 inches apart on ungreased cookie sheets.
- Bake 10-12 minutes

**Yield: 24 cookies**

**Serving Size: 2 cookies**

**Nutrition facts per serving:**

**168 calories, 26 g carbohydrate, 6 g fat, 2 gram protein,  
26 mg cholesterol, 2 g fiber**

## 200 Calorie Snack Combos

- 1 oz reduced fat cheddar cheese,  
1 sliced apple, 8 Special K Multigrain crackers
- 1 cup carrots, celery, and broccoli,  
2 Tbsp low fat Ranch dressing,  
1 piece of fruit or serving of crackers
- 1 lite yogurt, 1 piece of fruit,  
1/4 cup low fat granola
- 1 English muffin, 2 tomato slices,  
1 oz reduced fat cheddar cheese,  
black pepper to taste
- 1 serving multigrain crackers,  
1 Tbsp peanut butter, 1 piece of fruit

## Websites:

MyPlate

<http://www.choosemyplate.gov/>

Kids Health Teen

<http://kidshealth.org/>