

Successful Snacking

WHY ARE PORTION SIZES IMPORTANT?

How much you eat is just as important as what you eat! Portion sizes purchased outside of the home continue to increase. As a result, children may be consuming larger portions of unhealthy foods contributing to the increased obesity rates in this country. It is important to understand portion sizes when preparing snacks for your child.



WHAT MAKES A HEALTHY SNACK?

Choices for snacks should be high in nutritional value and fairly low in calories, saturated fat, sugar, and sodium. Sometimes high calorie snacks are considered healthy (i.e. nuts), this is because they are packed with nutrients that are needed to maintain a healthy body. These are referred to as nutrient dense foods. When planning a snack try to include 2-3 food groups, rather than just eating all of one kind of food. Check out the snack ideas below!

Pick 2-3 food groups per snack (Limit to 1-2 snacks per day)

Suggested Servings When Preparing Snacks

Food Represented	6-12 years	Teens
Milk, Yogurt	Fist (1 Cup)	Fist (1 Cup)
Vegetables, Fruit, 100% Juice	Cupped Hand (½ Cup)	Fist (1 Cup)
Whole grain cereal, Pretzels, Baked items, Pita chips	Cupped Hand (½ Cup)	Fist (1 Cup)
Cream Cheese, Peanut Butter	Thumb Tip (1 Teaspoon)	Thumb (1 Tablespoon)
Nuts, Cheese, Hummus, Dried fruit	1 Ounce	2 Ounces

PORTION SIZE vs. SERVING SIZE

- Portion is amount of food a person eats at any one time
- A serving is a standard serving size for a food
- For example, a serving of rice is ½ cup but in restaurants a portion served can be up to 3 cups!

TIPS FOR SUCCESSFUL SNACKING

- Use smaller plates and bowls for snacks
- Include fruits, vegetables, whole grains, and low-fat milk products when preparing snacks
- Broaden your choices; offer out of the ordinary types of snacks such as mangoes or dried cranberries
- Avoid sugary drinks. Keep juice and flavored milk intake to no more than 4-6oz/day
- Avoid grazing. This will allow for consuming only portioned out snacks instead of eating throughout the day
- Keep junk food out of the house!

HELP YOUR CHILD LEARN HEALTHY EATING HABITS

- Make and prepare snacks together
- Offer new foods along with foods they currently enjoy
- Let your child pick the fruit or vegetable of their choice

RECIPE IDEAS

Yogurt Fruit Dip: 3 Tablespoons vanilla yogurt, 2 teaspoons honey, 1/4 teaspoon cinnamon
Mix ingredients together and place in a small plastic container. Dip graham crackers or sliced apples.

Granola Bars: 3 cups oats, 1 cup mixed nuts, 1 cup raisins, ½ cup coconut, ½ cup sunflower seeds, 1 cup honey or maple syrup
Bake oats separately for 10 minutes at 350 degrees, take out and mix with other ingredients until honey or maple syrup coat everything. Bake on flat cookie sheet in oven for 10 minutes at 350 degrees.

To make into granola bars add: 3 cups granola mix, 3 eggs, 1 cup shredded carrots
Beat eggs and carrots together. Add in granola. Place in greased pan and bake at 350 degrees for 15 minutes or until golden brown. Cool and cut into bars. Serving size is 1, 3-oz bar.

FOR MORE INFORMATION CHECK OUT...

Recipes and Portion Tips

<http://kidshealth.org/teen/>

www.eatright.org

<http://www.albertahealthservices.ca/SchoolsTeachers/>