

Eat Smart:

Choose Healthful Snacks!

Why did the banana go to the doctor?

Because it wasn't peeling well!

Eat smart by snacking smart.

Think of snacks as minimeals that help provide nutrients and energy you need to grow, play and learn. Most kids do best when they eat four to six smaller meals a day.

Are you eating enough fruit? Let snacks fill in the gaps. If you miss fruit for breakfast, try having a piece of fruit, such as a banana, at snack time.

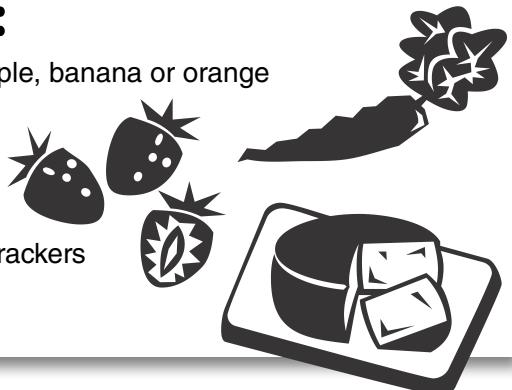
Time snacks carefully. Try eating two to three hours before meals. That way you will be hungry for lunch or supper. Keep snacks small. If you are still hungry, eating more is OK. You decide when you have had enough food to eat.

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Quick Snack Ideas:

- Whole fruit, such as an apple, banana or orange
- Berries
- Raw, cut-up vegetables
- Graham crackers
- String cheese
- Cheese and whole grain crackers
- Frozen yogurt



Easy-to-make Snack Ideas:

- **Milk Shake Ups** - Pour milk, juice and ice into a covered container. Shake. Serve.
- **Fruit Juice Pops** - Freeze fruit juice in small paper cups or ice cube trays. Serve.
- **Crunchy Bananas** - Peel bananas. Roll them in peanut butter or yogurt and then roll in crushed cereal. Freeze. Serve.
- **Peanut Butter Logs** - Spread peanut butter onto celery sticks. Serve.

Fruit Dip

2 cups low-fat sour cream or low-fat or non-fat yogurt
1-ounce package sugar-free instant vanilla pudding mix
1/4 cup fat-free milk
4 teaspoons lemon juice



1. Whisk together all ingredients until well-blended.
2. Serve with assorted fruit.

Makes eight servings (1/4 cup per serving). Each serving has 90 calories, 5 grams (g) fat, 7 g carbohydrate and 4 g protein.

Source: Penn State Cooperative Extension

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For more information, visit www.ag.ndsu.edu/food.