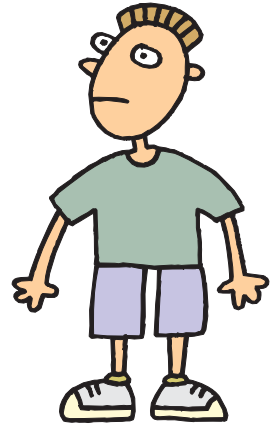


Healthy Ideas to Tame Snack Attacks

"I'M HUNGRY! What's to eat?"

Maybe you've heard someone say that, especially after school or work. While your family might ask for crunchy chips and sweetened beverages, try taming their appetites with crisp, whole-grain crackers and a creamy, fruit smoothie.

Healthy snacks provide energy and needed nutrients for growing kids. Think of snacks as "minimeals" and try to include two or more different food groups.



Snack Smart

Many kids and adults do not eat the recommended amount of fruits, vegetables, whole grains and calcium-rich foods needed for good health. Be a good role model and focus on nutrient-rich snacks such as these:

- Apple slices with low-fat yogurt dip; ice water
- Trail mix made with whole-grain cereal and dried fruit; low-fat milk
- Baby carrots and broccoli florets with low-fat ranch dip; low-fat milk
- Whole-wheat tortilla with melted low-fat cheese and salsa; ice water
- Peanut butter and banana sandwich on whole-wheat bread; low-fat milk
- Minipizzas (whole-wheat English muffin, pizza sauce, mozzarella cheese and chopped veggies) heated in a microwave oven or toaster oven; ice water
- Whole-grain crackers with mozzarella cheese; 100 percent fruit juice
- Whole-wheat soft pretzels with honey mustard; frozen grapes; low-fat milk

Keep Healthy Snacks Ready to Grab and Go!

Keep healthy snacks in view. Have a "designated healthy snack shelf" in your refrigerator and/or cupboard. Keep cut-up fruit, veggies and low-fat yogurt in your fridge and whole-grain crackers in your cupboard, ready to grab for a quick snack!

Save Money, Too!

Choosing healthy food is a good value for your heart and your wallet! A small bag of chips and a candy bar may cost \$1.50. A nutrient-rich snack of a banana and 6-ounce container of yogurt costs about 75 cents – half as much.

Visit www.ag.ndsu.edu/foodwise for more information.

This program is funded in part by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more contact your county Social Services office or call 1-800-755-2716.

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Find the six food safety mistakes.

See the answers at right.

Adapted from www.foodsafety.gov



Answers

- 1) Mayonnaise is in the cupboard with the lid off.
- 2) Backpack is on the counter.
- 3) Cat is on the counter.
- 4) Milk carton is on the floor, not in the refrigerator.
- 5) Sandwich is on the floor.
- 6) Hotdogs are in the cupboard.

“Bugs on a Log” Snack

Choose a “log” option, top with a spread and sprinkle with a “bug.”

Logs:

- Celery, cut in 3-inch pieces
- Apples, quartered and cored
- Carrot sticks, cut in 3-inch pieces

Spreads:

- Cream cheese, low-fat, fruit-flavored
- Cheese, low-fat with pimiento
- Peanut butter
- Egg salad

Bugs:

- Raisins, regular or golden
- Whole-grain cereal, unsweetened
- Sunflower seeds
- Peanuts, chopped

Source:
U.S. Department
of Agriculture
Recipe Finder

*A serving (one “log”) has about 30 calories and 1 gram of fat.
Cost: about 20 cents per serving.*

* Recipe cost and nutrient analysis are based on using 3-inch celery piece, 1 tablespoon low-fat cream cheese spread and ½ tablespoon raisins.

My 7-year-old grandson comes over after school, and he asks for those ready-made snack trays with meat, cheese and crackers. They cost a lot! I looked at the nutrition label on the package, and they’re high in fat and sodium, too. Do you have any ideas?

Try making a healthier version of snack trays at home with help from your grandson. Pick up some fun, divided plates, such as animal-shaped ones. Buy some lower-fat cheese (such as mozzarella), whole-grain crackers, veggies and low-fat dip. If you include lunch meat, look for lower-fat types, such as lean ham or turkey.

Julie Garden-Robinson, Food and Nutrition Specialist

Contact the local office of the
NDSU Extension Service
for more information
on food and nutrition or
managing your food dollar.

