



Eat Smart.  
Play Hard.™

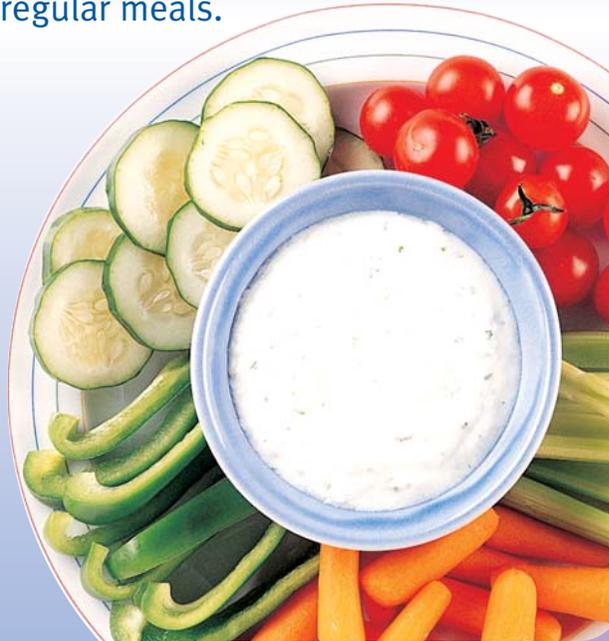
## Try These Quick, Easy, Healthy Snacks

- ▶ Popcorn or pretzels
- ▶ Snack size low-fat yogurt or pudding
- ▶ Fresh, canned, or dried fruit
- ▶ Celery sticks with low-fat cream cheese
- ▶ Frozen grapes, banana slices, or popsicles made from 100% juice
- ▶ Peanut butter and fruit sandwich (try apple slices, banana, or raisins)
- ▶ Whole-grain crackers and low-fat cheese
- ▶ Baby carrots with a low-fat dip
- ▶ Rice cakes with peanut butter
- ▶ Tortilla with refried beans, low-fat cheese, lettuce, and salsa
- ▶ Pita sandwich with tuna and lettuce
- ▶ Mini-pizzas made with English muffins or pita bread
- ▶ Vegetable and noodle soup
- ▶ Baked or microwaved potato topped with plain low-fat yogurt or cheese



## Did you know that healthy snacks...

- 🍏 Can supply a big part of the food and nutrition kids need for energy.
- 🍏 Are a great way to get kids to eat more fruits and vegetables.
- 🍏 Are great as mini-meals in addition to regular meals.
- 🍏 Make get-togethers with friends more fun.



## Grab Quick & Easy Snacks



# Healthy Snacks Give Kids **Extra Energy** To Play and Grow

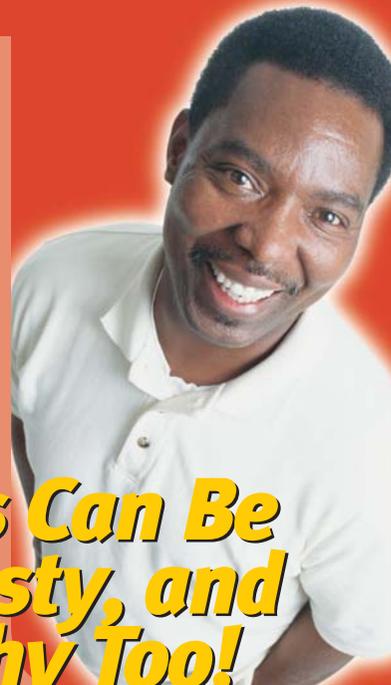


Snacks are a normal part of a healthy diet for growing kids. Fruits, vegetables, and whole-grain foods make good snacks.

All foods can fit into a healthy diet. Choose snacks that are lower in saturated fats, *trans* fats, sugar, and salt (sodium).



## Snacks Can Be Fun, Tasty, and Healthy Too!



**Set a good example**—Kids often want the same snacks you eat. Choose snacks that are good for your health. Try fat-free or low-fat milk, cheese, and yogurt.

**Plan ahead**—Make snacks from the various parts of MyPyramid. Healthy snacks should be a part of your grocery list.

**Be ready**—Keep fruit, 100% juice, crunchy veggies such as carrots or celery, yogurt, bagels, pretzels, and whole-wheat crackers on hand.

**Start a new trend**—Include fruits and vegetables for school parties and special events.

**Make healthy snacking easy**—Put snack foods like pretzels, crackers, peanut butter, cheese, and yogurt on lower shelves so kids can get to them.

**Make Snacks Healthy!**

## Grab Quick & Easy Snacks

### BE A ROLE MODEL!

**You** play an important role in making sure that you and your kids eat a healthy breakfast every day.

List some snacks that you and your family will try.

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For more information on these topics or other programs visit our Web site at:

[www.fns.usda.gov](http://www.fns.usda.gov)



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STEPS TO A HEALTHIER YOU



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