

OUTSMARTING THE COOKIE MONSTER

Choose Snacks Wisely!

Good Snack Foods Can Keep You Feeling Great!

Why plan good foods for snacks?

- ◆ Good foods have lots of needed nutrients.
- ◆ Nutrients help your body grow and keep you healthy.

Is it OK for children to snack?

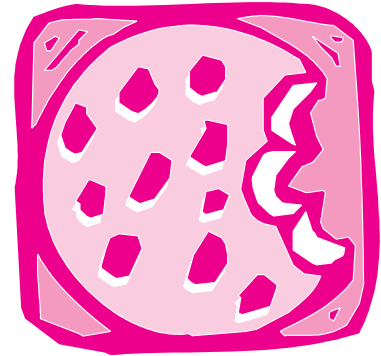
- ◆ Yes... children usually need to snack.
- ◆ Children are busy growing.
- ◆ Their stomachs are small, so they only eat small amounts at mealtime.
- ◆ Healthy snacks can be a fun way to get needed foods into their bodies. (Make sure to space snacks between meals, not right before them.)

Children choke very easily on small, firm, round-shaped foods. Never give children under 5 any food that could get stuck in their throat such as peanuts, hot dog slices, grapes, popcorn, hard round candies and raw carrot pieces. Sit with your children when they snack to join in the fun, and to supervise.

Is it OK for Adults to Snack?

Yes... adults get hungry too!

- ◆ Healthy snacks can help make up for missed meals.
- ◆ Snacktime is often a break from jobs and household tasks.



How Do I Pick A Healthy Snack?



Pick These

Limit These

Fruits	Fruit flavored rollups
Lowfat Cheese	Cheese curls
Whole grain low-sugar cereals	Super duper sugar cereals
100% fruit juice or low fat milk	Soda
Graham crackers or bread sticks	Fruit Drinks
	Potato chips

Outsmarting the Cookie Monster

Can Snacks Make Me Fat?

- ◆ Eating more food than your body needs causes fatness.
- ◆ Don't overeat healthy foods or junk foods.

Are Healthy Snacks More Expensive Than Junk Food?

Not usually... With all the nutrients in healthy snacks, they're a better buy than empty calorie junk foods.

- ◆ Consider buying large packages of healthy snacks when they are a better buy.

How do different snack foods compare?

1 Orange (25¢/serving)	to	1 Fruit Roll-up (30¢/serving)
2 Graham crackers (15¢/serving)	to	1 Cream-filled cake (20¢/serving)
1 serving of pretzels (13¢/serving)	to	15 Potato chips (15¢/serving)

Do Your Children Qualify for the School Breakfast Program?

Low-income children may qualify to receive school breakfast free or at a reduced price, but not every school has a school breakfast program.

Check with your child's school to find out if it participates in the school breakfast program and if your child is eligible to participate.

Learn more about good nutrition and saving money at the supermarket:
The **Nutrition Connections Program** teaches you about:

- ◆ Foods to keep you healthy
- ◆ Planning low cost meals
- ◆ How to buy more food with food stamps
- ◆ Food safety

The Food Stamp Program provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238.



To find out more, call UNH Cooperative Extension,
Nutrition Connections Program, at 1-877-398-4769. UNH Cooperative Extension,
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Belknap County
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