



SPRING



FRESH & HEALTHY

HEALTHY LIFESTYLE TIPS

How to Be a Sensible Snacker

Did you know snacking is actually an important part of a healthy diet? Kids and adults get needed energy and nutrients, as well as a satisfied feeling of fullness, from snacks during the day. BUT snacking can turn into a poor habit if you don't have a handle on what you are eating, when you are eating or how much you are eating.

That said, snacks can be a fun and delicious way to eat well together as a family, while providing another opportunity for kids to get into the kitchen and experience firsthand more healthy foods.

Five Tips to Help Your Family Snack Smarter:

1) Go for snacks that are a good balance of carbohydrates, protein and heart-healthy fats, instead of snacks high in empty sugar calories. Examples include:

- String cheese and apple
- Carrots and celery with peanut butter
- Turkey slices wrapped around pear slices
- Low-fat yogurt and berries
- Pizza roll made with whole grain tortilla, tomato sauce and cheese
- Banana and peanut butter
- Trail mix

2) Be smart about portion sizes. Aim for snacks that are about 150 to 200 calories or simply have a smaller serving of what you would eat at a meal, such as a half sandwich or a cup of soup.

3) Avoid snacking too close to mealtime or right before bedtime. 🕒 Have your snack at least two hours before a meal or at least an hour before you go to sleep.

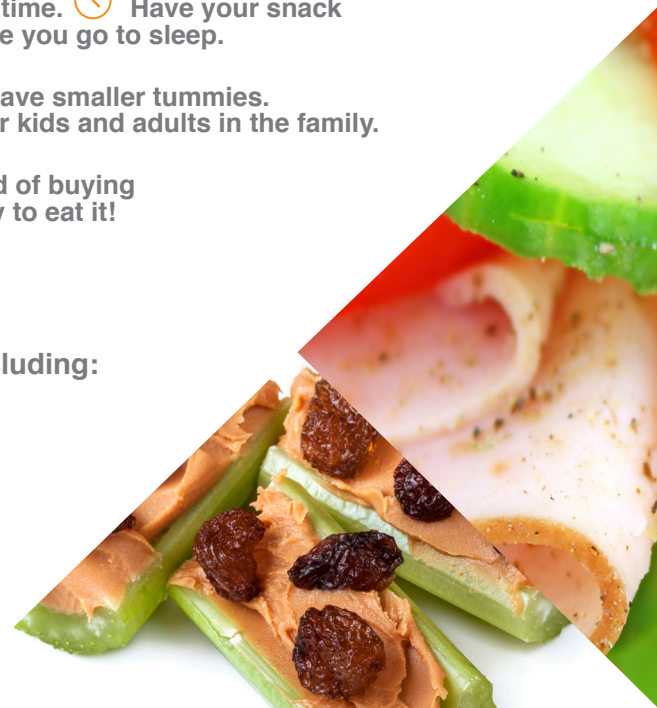
4) Younger kids may need to snack more often since they have smaller tummies. Remember they also need smaller portions than the older kids and adults in the family.

5) Make homemade snacks with the kids more often instead of buying packaged snacks. If they help make it, they're more likely to eat it! Start with the recipe on the next page.

Snacks Served in Schools:

All snacks must meet specific nutrition standards, including:

- ≤ 200 calories
- ≤ 230 mg sodium
- ≤ 35% of calories from fat; < 10% of calories from saturated fat and zero grams trans fat
- ≤ 35% of weight from total sugars





food that fits
YOUR LIFE®

Quick & Easy Snack

Fruit S'mores

Makes 1 snack serving

Ingredients:

1/3 cup of chopped fruit such as apples, pears, berries or pineapples
2 graham crackers, broken in half
1/4 cup low-fat plain or vanilla yogurt

Instructions:

- 1) **(KID STEP)** Rinse the fruit with water and pat dry.
- 2) **(KID STEP)** Spoon yogurt on two of the four cracker squares
- 3) **(KID STEP)** Top with fruit and place remaining crackers on top to make two fruit s'mores.

Source: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>



Smart Sites for Smart Snacking



ChopChopMag.org – ChopChopKids is a non-profit organization whose mission is to inspire kids to cook with their families. The site features recipes with kid-friendly instructions, including snacks such as Roasted Chickpeas, Energy Bars and Rainbow Kabobs.

TheKidsCookMonday.org – Get inspired by this site's challenge to start the week by cooking and eating with your family. You'll find easy recipes, cooking videos and even a free starter family dinner toolkit. For the days you run out of time, consider making a snack together instead.

ProduceForKids.com – Making fruit and vegetables fun, this site has many snack recipes with kid appeal such as Banana Crunch Popsicles, Cheesy Potato Bites and Fruit Salsa with Cinnamon Crisps.

SuperHealthKids.com – This site boasts recipe meal plans, tips for raising a healthy family and kid-approved recipes. Check out these super snack posts: 50 Low-Sugar Snacks for Kids and 10 Healthy Snacks Kids Can Make After School Themselves.



Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about a diet and exercise plan that's right for you. [visit myhealthyforlife.com](http://myhealthyforlife.com)



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