

## Health Bulletin for *YOUth*

Cooperative Extension Service

This publication compiled and edited by the H.E.E.L. Program  
(Health Education through Extension Leadership) Staff

### *Smart Snacking is Good for You*

Most kids like snacks. That's great! Think of snacks as mini-meals that give you the healthy energy you need to grow, play, and learn.

Smart snacks can help you eat and drink enough during the day. You might feel you have more energy and do your best when you eat some food four to six times per day. Ask your parents or grandparents to keep healthy snacks ready for you to have throughout the day. It is best to make sure your snacks are at least two to three hours before your regular meal to make sure you are still hungry when it is lunch or supper time.

#### Some ideas for smart snacks:

- Whole fruit, sliced by a parent or teacher
- Berries
- Raw vegetables like carrots, cut up by a parent or teacher
- Graham crackers
- String cheese
- Cheese crackers
- Small bagel and peanut butter
- Frozen yogurt



Keep your snacks small. Try just one string cheese or one piece of fruit. Then if you are still hungry ask to have a little more.

Beware of too much sugar. Soft drinks and fruit drinks can fill you up with sugar. This might cause you to skip eating the foods you need to grow and stay healthy. Drink low fat milk, 100% fruit juice, or water for snack drinks. Limit your 100% fruit juice to two servings per day.

#### Easy-to-make snacks

- **Milk shake-ups:** Pour milk, juice and ice in a covered container. Shake!
- **Fruit juice pops:** Freeze 100% fruit juice in small paper cups or ice cube trays.
- **Crunchy banana:** Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze!
- **Peanut butter logs:** Fill celery with peanut butter.
- **Cinnamon toast:** Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.



# Smart Snacking

J G G J K L T S Y L M N C G C L B I C E  
 T O N L U R A G L A O R E A Y E A C H A  
 X R I I U I R E L I A W R E P G N J E I  
 J M A G V E C H M C C R R G B A A X E D  
 V F O M N R B E K N O E K H S B N H S R  
 H Y S E S W E E A T V X D Q O T A X E I  
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 A P P L E S E I R R E B Y H T L A E H K

APPLE  
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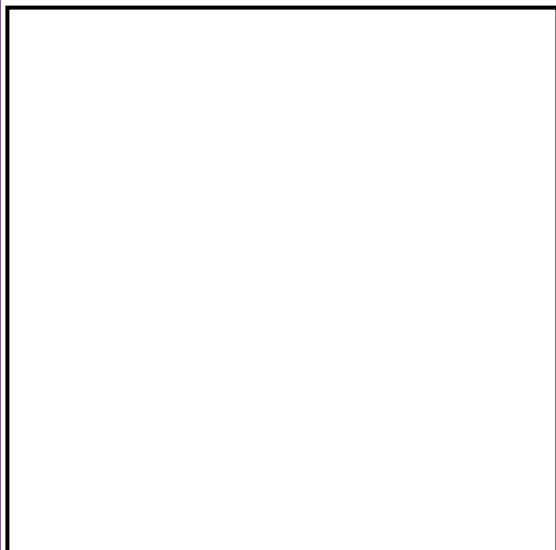
BAGEL  
 CRACKER  
 JUICE  
 SMART

BANANA  
 DRINK  
 MEAL  
 SNACKS

BERRIES  
 ENERGY  
 MILK  
 WATER

CARROTS  
 FRUIT  
 SERVING  
 YOGURT

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Sources:

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For more information on health issues in Kentucky, please visit: [www.ca.uky.edu/HEEL](http://www.ca.uky.edu/HEEL)