

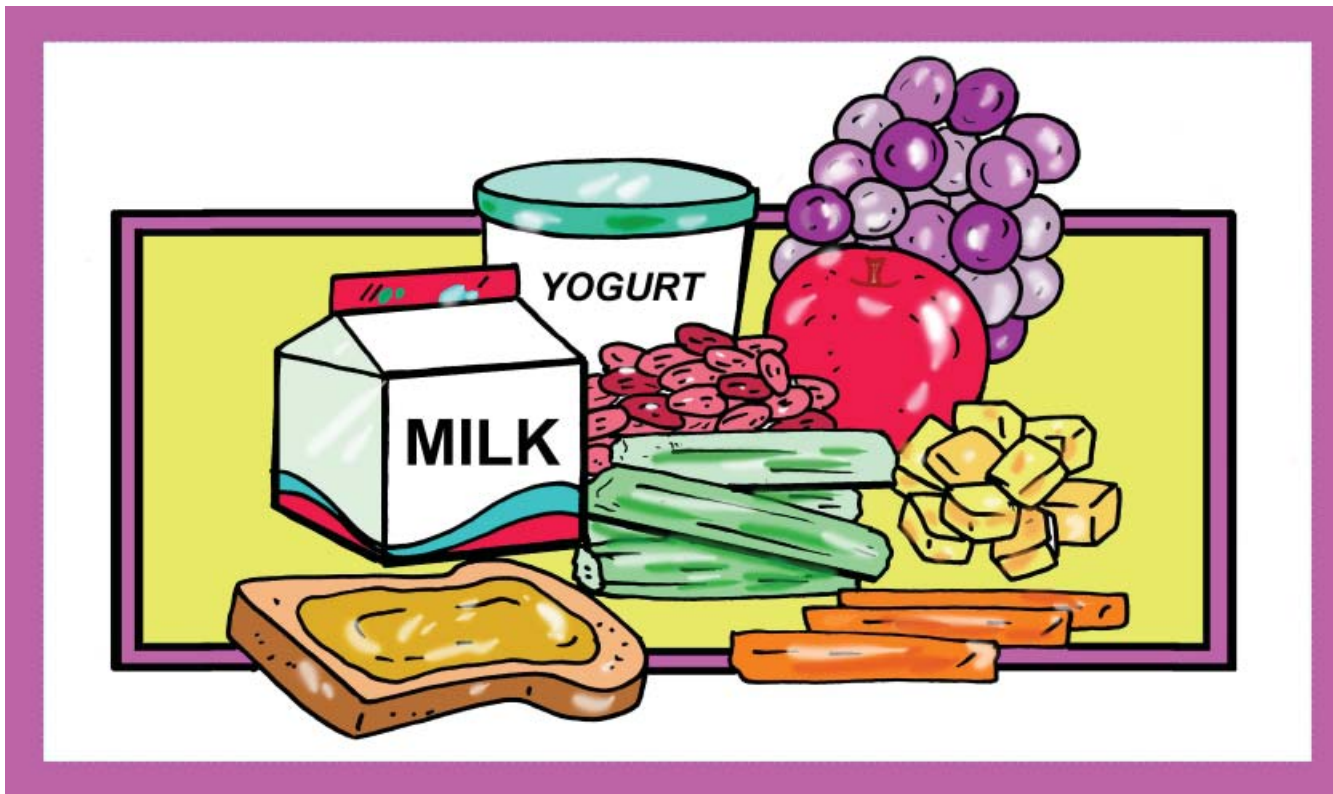
SNACKS



UNIVERSITY OF ILLINOIS
EXTENSION

FOOD STAMP NUTRITION EDUCATION

EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM



Snacks

(teacher)

Share with participants:

“Snacks are the foods we eat between meals.”

Snacks:

- are an important part of a healthy diet
- are important for an individual to meet their daily nutrient requirements

Food nutrients are those substances provided by foods necessary for growth and maintenance of health.

Important food nutrients:

- Vitamins
- Minerals
- Carbohydrates
- Proteins
- Fats
- Water

Snacks are the foods we eat between meals.



Snacks 3

Snacks 2

**Snacks are the foods we eat
between meals.**



(teacher)


Sample question:

“What are some of the snack foods you and your family like to eat?”

When people think of snack foods, they often think of foods high in fat and added sugars and little nutritional value. However, snack foods should be nutritious and selected from the 5 food groups.

- Grains bread, cereal, rice, pasta, crackers, etc.
- Vegetables carrot, celery, broccoli, cauliflower, green peppers, etc.
- Fruit apples, oranges, etc.
- Dairy milk, yogurt, cheese, pudding, etc.
- Meat egg, chicken, beef, pork, fish, nuts, seeds, beans

Snack Foods

Grains	
Vegetables	
Fruits	
Milk	
Meat & Beans	

Snacks 5

Snack Foods

Grains

Vegetables

Fruits

Milk

Meat & Beans



(teacher)

Share with participants:

“ It is important for everyone in the family to have nutritious snacks. This includes adults, children, and teenagers.”

For children and teens, snacks:

- provide the energy needed between meals and nutrients required by their active and growing bodies.
- and meals should be scheduled so children are hungry at mealtime.
- should not be served to children less than 2 hours before a meal.

Adults also need to plan snacks. If you snack, you won't get hungry and overeat at mealtime.

Adults, teenagers and children need snacks!



Snacks 7

Snacks 6

Adults, teenagers and children need snacks!



(teacher)

Sample question:

“When are you hungriest for a snack?”

- A difficult time for many people is when they first get home in the evening and dinner isn't ready. Try having a small, nutrient-rich snack before dinner that will satisfy your immediate hunger but still leave room for a healthy meal.

Examples of small servings of nutrient-rich snacks:

- 1 cheese stick
- 1/4 cup peanuts
- 1/4 cup cottage cheese
- 2 slices of lean luncheon meat
- 1/2 cup milk

Have a small serving of a nutrient-rich snack before dinner.



1/2 cup

1/4 cup

1/4 cup

2 slices

1 cheese stick

Snacks 9

Snacks 8

Have a small serving of a nutrient-rich snack before dinner.



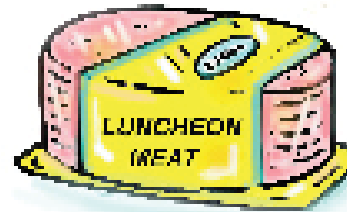
1/2 cup



1/4 cup



1/4 cup



2 slices



1 cheese stick

(teacher)

Share with participants:

“Avoid snack foods high in fat, salt and added sugars.”

- Avoid eating snack foods high in fat, salt and added sugars.
- Sugary snack foods are often high in calories and low in nutrients.
- High-fat snacks increase the fat content of your diet and the health risks associated with a high-fat diet. Choose snacks that are lower in fat like fruits, vegetables, and whole grains.

Sample question:

“Name some high-fat, high-sugar snack foods that should be avoided?”

(Chips, donuts, French fries, chocolate cake, soda pop, candy bars, etc.)

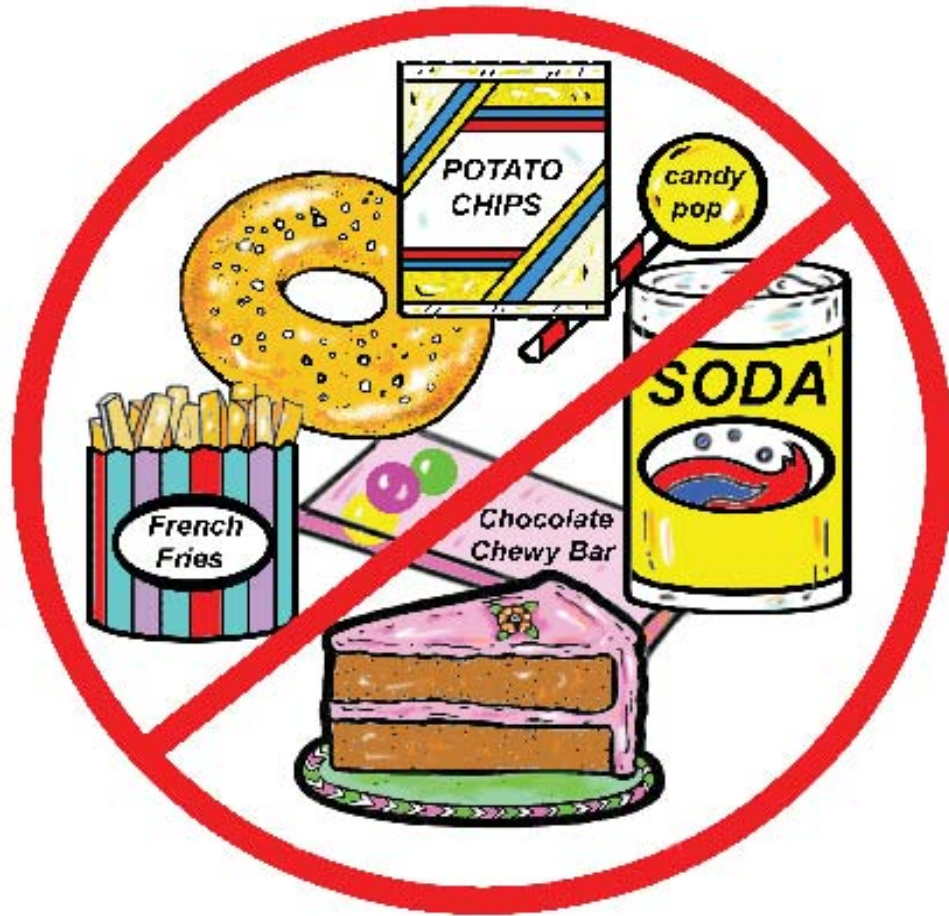
Avoid foods low in nutrients and high in fat, salt and added sugars.



Snacks 11

Snacks 10

Avoid foods low in nutrients and high in fat, salt and added sugars.



(teacher)

Share with participants:

“Fruit juice is more nutritious than fruit drinks yet both are high in sugar and should be limited.”

- 100% fruit juice contains the natural nutrients found in fresh whole fruit but it lacks the fiber found in whole fruit.
- Fruit drinks are a sweetened beverage made with diluted fruit juice. They do not contain all the natural components found in 100% fruit juices.
- Some fruit drinks have been fortified with vitamin C and some with calcium so they can add nutrients to your diet.
- Fruit juices and fruit drinks are high in sugars and can contribute to weight gain when consumed in excess.
- Fruit juice consumption should be limited in the diet, especially for children. Excess fruit juice consumption in children is associated with malnutrition (juice has been replacing milk in the diet), diarrhea, stomach problems and tooth decay.
- If you choose to drink fruit juice, choose 100% fruit juice.

Limit fruit juices in your child’s diet.

Recommendations of fruit juice consumption for children:

Children ages 1 to 6 **4 to 6 ounces per day.**

Children ages 7 to 18 **8 to 12 ounces per day**



Snacks 13

Recommendations of fruit juice consumption for children:

Children ages 1 to 6 **4 to 6 ounces per day.**

Children ages 7 to 18 **8 to 12 ounces per day**

Snacks 12

Limit fruit juices in your child's diet.

Recommendations of fruit juice consumption for children:

Children ages 1 to 6 4 to 6 ounces per day

Children ages 7 to 18 8 to 12 ounces per day



(teacher)

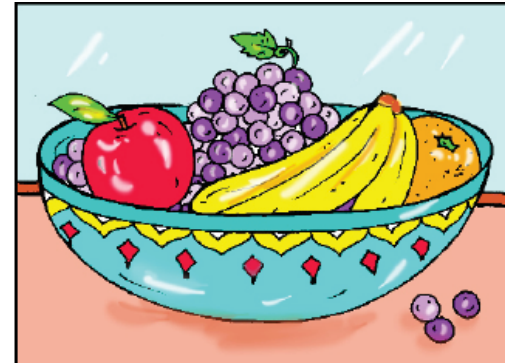
Share with participants:

“Fruit juices should not replace whole fruits (fresh, canned or frozen) in your diet.”

Choose whole fresh, canned, or frozen fruit more often than fruit juice.

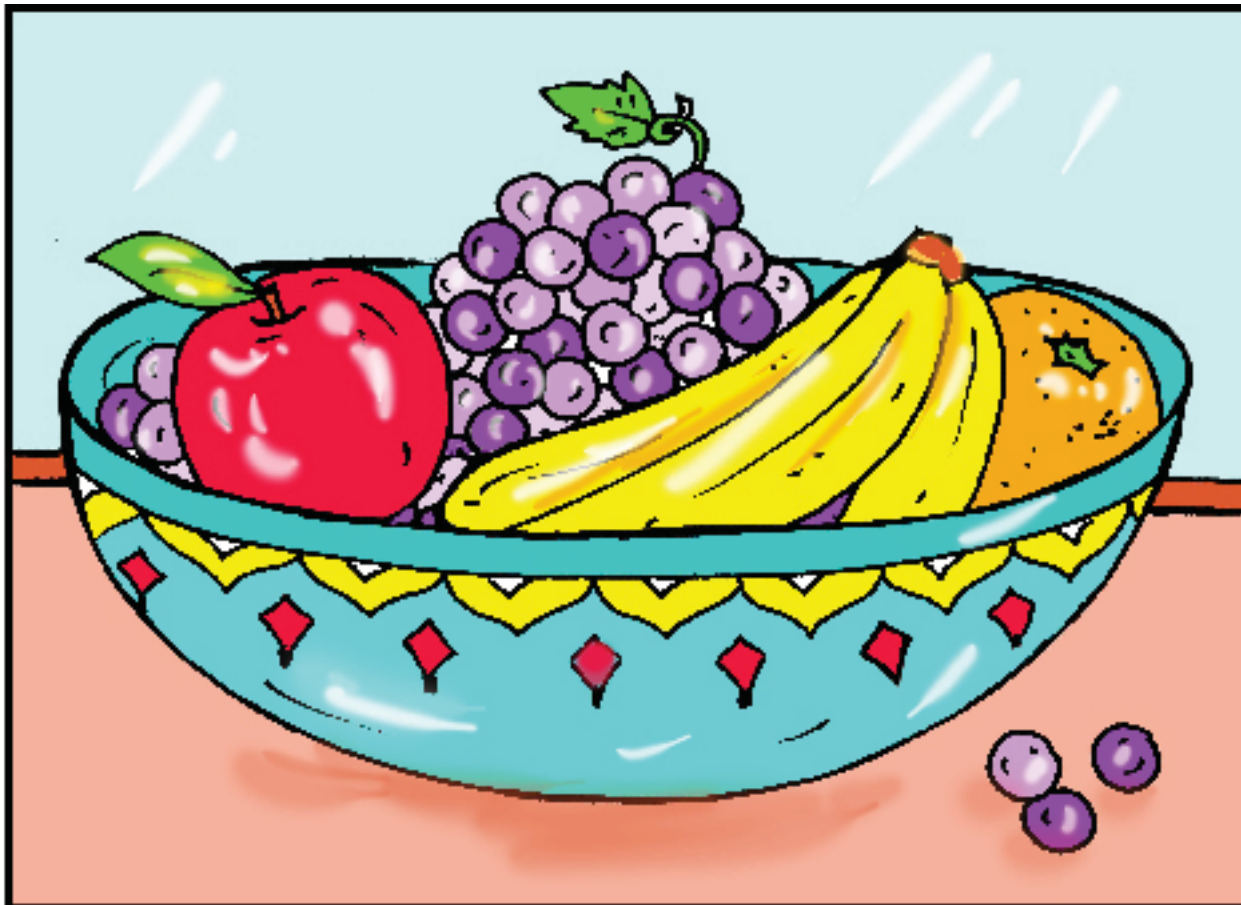
- Fruit juices and fruit drinks should not replace your consumption of whole fruits.
- 100% fruit juices are nutritious, convenient and tasty foods. However, fruit juices are high in natural sugars and lack the fiber contained in whole fruits.

**Limit fruit juices!
Eat more whole fruit!**



Snacks 15

Limit fruit juices!
Eat more whole fruit!



(teacher)

Share with participants:

“It is important to brush your teeth after eating meals or snacks.”

- All foods, especially those high in carbohydrates (starches and sugars), contribute to tooth decay.
- Reduce your risk of tooth decay by:
 - Limiting the amount of sugary foods you eat.
 - Brushing your teeth often so sugars and starches don't stick to your teeth.

Sugars and Starches Can Cause Tooth Decay

**Brush your teeth after eating
meals or snacks.**



Snacks 17

For teachers

How cavities are formed.

Bacteria are found in dental plaque, an invisible film that clings to the surface of your teeth.

The bacteria, nourished by carbohydrates, produce acids that can eat away tooth enamel resulting in dental caries (cavities). The less time bacteria in plaque are able to produce acids, the less damage it causes to the tooth enamel (cavities).

Snacks 16

Sugars and Starches Can Cause Tooth Decay

**Brush your teeth after eating
meals or snacks.**



(teacher)

Sample question:

“Can you give me some examples of pre-packaged snack foods?”

- Pre-packaged/convenience snack foods can be more expensive than home-made snack foods.
- Pre-packaged/convenience snack foods are often high in fat, salt and/or added sugars.
- Prepare your own healthful snacks and save money.
- Have a light snack before you grocery shop so you won't be tempted to buy pre-packaged snacks.
- Avoid the temptation to buy pre-packaged snack foods. Buy foods only on your shopping list and go through checkout lanes that don't display snack foods.

Make home-made, healthful snacks and save money!



Snacks 19

Snacks 18

Make home-made, healthful snacks and save money!



(teacher)

Share with participants: ***“Children are more likely to eat healthful snacks when they help select and prepare them.”***

- Make snacks easy to find in your kitchen.
- Try placing a snack box in a kitchen cabinet and refrigerator. Let your children help you fill the boxes once a week with ready-to-eat snacks.

Sample question: ***“What healthful, ready-to-eat snacks would your child like to eat?”***

Suggestions:

Lower sugar cereals, Pretzels, Peanut butter crackers, Cheese sticks or cubes, Celery or carrots sticks, Apples, Fruit cups packaged in their own juice

For teachers: **Warning on toddlers choking on food!**

Foods that are hard, round, or difficult to chew can sometimes lodge in small airways, causing a child to choke. To be on the safe side, consider the following advice on finger foods for children less than 3 years of age:

These foods are the ones that cause the most choking in children under the age of three or four: nuts, seeds, popcorn, hot dogs, whole grapes, hard candy, raw carrots, cough drops, chips, chewing gum, peanut butter, marshmallows, pretzels, raisins, cherries with pits, chunks of meat and raw celery.

Ready-to-Eat Snacks.



Snacks 21

Some favorite foods can be offered if prepared properly:

Cut grapes into quarters, hot dogs into fine sticks rather than round slices, chop apples and firm fruits into very small pieces, and cook carrots and hard vegetables until soft, then cut into small pieces.

Keep an eye on small children when they are

eating. Children should not be allowed to run or play while eating. Feed small children only when they are sitting down and are in a relaxed atmosphere.

Train toddlers to chew their food thoroughly before swallowing.

Snacks 20

Ready-to-Eat Snacks

