

Healthy Beverages

Seltzer or sparkling water

Look for calorie-free varieties; flavored or unflavored.

Low-fat and Fat-Free Milk

Milk is a terrific source of calcium and vitamin D, but it also is the number one source of heart-damaging saturated fat in children's diets. Choose fat-free (skim) or low-fat (1%) instead of whole or 2% (reduced-fat) milk. Soy and rice "milks", fortified with calcium and vitamin D, are also healthy options.

Fruit Juice

Choose only 100% fruit juice, but limit juice to not more than 6 ounces (a little less than a cup) for 1-6 year olds and no more than 12 oz (1.5 cups) for 7-18 year olds. Avoid juice drinks, which, nutritionally, are no better than soda. The label should list 100% juice and avoid drinks with high fructose corn syrup in the ingredient list.

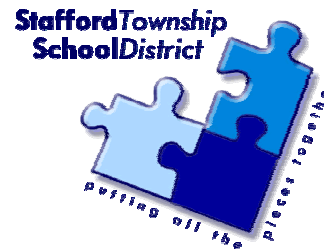
Remember, providing healthy snacks to our children supports lifelong healthy eating habits.



Wellness Series

Keeping students healthy,
fit and eager to learn

Healthy Snacks for Children



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205





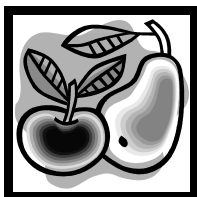
Healthy Snacks for Children

Serving healthy snacks to our children is important to providing good nutrition for growth and development, supporting lifelong healthy eating habits and preventing costly and potentially disabling diseases like heart disease, cancer, diabetes, high blood pressure and obesity.

Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets—depending on the choices we offer. Below are ideas of healthy drinks and snacks to serve to children in the classroom, in after-school programs, at sports games, home and elsewhere.

Fruits and Vegetables

Almost all of the snacks served to children should be fruits or vegetables. Do taste tests or let kids choose (or vote for) new fruits and vegetables to try. Fruit can be served whole, sliced, cut in half, cubed or in wedges. Canned, frozen and dried fruits



are easy and usually need little preparation. Healthy options include fresh fruits and vegetables, frozen fruit, applesauce, fruit cups, canned fruit in juice or light syrup, dried fruit and fruit leathers without added sugars, fruit salad, fruit juice pop-sicles, and homemade smoothies. Vegetables can be served with dips like hummus, bean dip, or salad dressing, in salads, or veggie pockets in whole wheat pita.

Healthy Grains

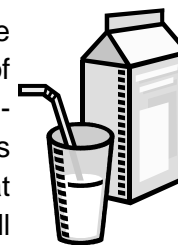
Serve mostly whole grains, which provide more fiber, vitamins, and minerals than refined grains. (Whole wheat, or other whole grain, should be the first ingredient listed.) healthy whole grain options can include English muffins, pita, tortillas, breakfast cereal, crackers, rice cakes, popcorn, tortilla chips, granola, cereal bars, breadsticks, or flatbreads. Refined grains, such as pretzels and goldfish, should not be everyday offerings. Be sure to read nutrition labels to pick options that are low in sugars, saturated fat and trans fat.



Low-Fat Dairy Foods

To protect children's bones and hearts, make sure all dairy foods are low-fat or fat-free, such as yogurt and low-fat pudding.

Since cheese is the number two source of heart-damaging saturated fat in children's diets, choose lower-fat cheeses, serve small portions, and serve cheese with other foods like fruit, vegetables, or whole grain crackers.



Nuts and Trail Mix

Since nuts are high in calories, it is best to serve small portions—a small handful—and serve them along with another snack, such as fruit.

Healthy Beverages

Water should be the main drink served to kids at snack times. Water satisfies thirst without adding calories or sugars—and it's low cost!

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