

## Sensational Snacks!

Today your child learned about healthy snacks. Ask your child the following questions and discuss the answers with him/her:

Q: Are snacks good or bad?

A: Snacks are an important part of a balanced diet. Snacking in between meals can help promote proper growth (in children) and healthy weight maintenance. So a healthy snack is a very good thing!

Q: What does a Sensational Snack consist of?

A: We answered this by demonstrating various food groups to put on a plate, and each child labeled a plate to bring home. Here is more information about what your child wrote on his/her Sensational Snack plate:

	<b>Stands for:</b>	<b>More Information</b>
P	Protein	The protein group includes a variety of foods: meats, beans, legumes, seeds, cheese and nuts. Even if you choose not to eat meat, there are a variety of ways to get protein into your diet. Protein provides the building blocks of our bodies and is necessary to build muscles.
WG	Whole Grains	The grain group includes foods such as oats, rice, pasta, and bread. Remember that half of your grains should be whole grains. Grains are carbohydrates that give your body energy!
F&V	Fruits and Vegetables	Fruits and Vegetables are an excellent source of fiber. Fiber helps you feel full and promotes a healthy digestive tract. Fruits and vegetables are also a great source of vitamins and minerals. Fruits also contain water and minerals that help our body stay balanced and hydrated.

Try to include at least two food groups. Including at least two food groups (especially protein) helps regulate blood sugar and will help you feel full longer. Here are a few examples:

- Crackers (grain) and cheese (dairy)
- Apple (fruit) and Peanut butter (protein)
- Turkey (protein) and tortilla (grain)

Final tips:

- Avoid processed foods as much as possible- they typically contain a lot of sugar, preservatives, and sodium. A good rule of thumb is to look at the ingredient list. If you can't read it, don't eat it!
- Invest in reusable containers. Purchasing 'single' snack servings is expensive and the additional packaging is not environmentally friendly.
- Finally, keep portion control in mind. Remember that a snack is not meal. A child's snack should be around 200 calories.

**Enjoy Sensational Snacks!**