SNACKING TIPS:

Be sure you snack from all five food groups throughout the week. Check out these great options:

Milk group

- ☐ pudding
- ☐ cheese
- ☐ cottage cheese
- ☐ yogurt
- ☐ milk

Protein group

- ☐ tuna
- ☐ chicken salad
- ☐ bean dip
- ☐ egg, hard-boiled eggs
- ☐ peanut butter

Fruit group

- ☐ fresh fruits
  - ☐ apples
  - ☐ blueberries
  - ☐ clementines
  - ☐ bananas
  - ☐ cherries
  - ☐ grapes
- ☐ dried fruit
  - ☐ apricots
  - ☐ peaches
  - ☐ raisins
  - ☐ dates
  - ☐ prunes
- ☐ fruit canned in its own juice with no added sugar

Vegetable group

- ☐ broccoli
- ☐ celery
- ☐ cauliflower
- ☐ green peppers
- ☐ carrots
- ☐ cucumber
- ☐ sugar snap peas

Grain group

- ☐ bagels or bagel chips
- ☐ crackers
- ☐ flat bread
- ☐ plain tortilla
- ☐ unsweetened cereal
- ☐ English muffins
- ☐ wheat bread

Try these combinations from the list above:

Celery with peanut butter
Graham crackers dipped in yogurt
Apple slices dipped in yogurt
Tortilla filled with chicken salad
Half a bagel with low-fat cream cheese

Plan ahead

Prepare healthy snacks the night before or in the morning, and keep them handy. When hunger strikes, you won't go for high-fat, high-sugar snacks out of desperation.

In the mood for a sweet snack?

Place slices of fruit on a stick and freeze for frozen fruit treats. They're great, especially in the summertime.

HEALTHY SNACKS

Grocery list

COLUMBUS parent MAGAZINE ColumbusParent.com

This Sizing it Up column provided by the Experts from the Center for Healthy Weight and Nutrition at Nationwide Children's Hospital originally appeared in Columbus Parent Magazine in May 2008. Visit ColumbusParent.com for more healthy tips.