

Snacking CAN be part of a healthy diet, when done right!

Skipping meals during the day will usually cause you to overeat later on. By incorporating a small snack between meals. (such as after school for kids). This will help to fill your tummy and keep you from pigging out at your next meal.

But remember, there are some “smart snacking” strategies you should follow:

1. **Plan:** Like any other part of your diet, put some thought into the snacks you keep on hand, otherwise it's too easy to grab the first “junk” food you see.
2. **Include Protein:** This will help you to stay full longer!
3. **Servings size:** A snack means just that...a snack! It's just a few bites or small portion.
4. **Keep a “snack diary”:** Writing down what you eat (and snack on) during the day will help you to recognize your eating habits and start to make healthier changes.



Are you
having a
**SNACK
ATTACK?**



ARCTIC ORANGES

4 oranges
4 cups orange juice
4 cherries



Cut the tops off the oranges in a zigzag pattern. Hollow out the insides, remove the seeds and combine in a blender with the juice. Set the rinds in a muffin tin and fill with the mixture. Drop a cherry inside each orange. Freeze for 2 to 3 hours. Soften the treats for 5 minutes, then serve. Makes 4.

BANANA POPS

3 bananas
6 Popsicle sticks
1/4 cup peanut butter, softened
1/4 cup chopped peanuts or almonds,
crispy rice cereal or sunflower seeds

Peel the bananas. Cut them in half, widthwise, and push a Popsicle stick through the cut end of each half. Spread peanut butter on the bananas, then roll them in the nuts, cereal or seeds. Wrap them in waxed paper and freeze for 3 hours. Makes 6.

BANANA SCREAM

3 very ripe bananas
2 tbsp. nonfat milk

Peel the bananas, cut in half width-wise, wrap in plastic wrap, and freeze until firm. Place in a blender, add milk and puree until creamy.



STUFFERS

12 Cherry Tomatoes
1 cup tuna or egg salad filling
1/2 cup low-fat grated cheese (optional)

Hollow out each cherry tomato. Stuff each with tuna or egg salad, then sprinkle with grated cheese, if desired. Serves 4.

SHRUNKEN SANDWICHES

2 slices ham
2 slices low-fat cheese
12 mini crackers, such as
Ritz Bits



Cut ham and cheese (six from each slice) into small rounds the size of the mini crackers. (A clean medicine bottle makes a good cutter). Place a ham round on six of the crackers, then add the cheese. Cover each with another cracker. Serves 2.

WIGGLE WORMS

Fruit, such as grapes, melon, bananas or strawberries, cut into bite-size pieces
Pretzel sticks
Spear about four pieces of fruit onto each pretzel, as if making a kebab, to create the worms. Leave a tip at the end for the tail.

FROZEN FRUIT SALAD

Freeze the following bites for a fast and frosty treat: grapes, pineapple chunks, peach slices, apricot slices, banana slices, apple slices, cantaloupe balls, watermelon chunks, peas, zucchini slices, cucumber slices, and orange wedges.

COLD-CUT PUZZLER

Start by making a sandwich with cheese and bologna or other deli meat. Cut the sandwich into a number of shapes, then separate the shapes, mix them up and place them on your child's lunch plate.

Have your child put the sandwich pieces back together before she eats it.



APPLE FONDUE

1/4 cup low-fat peanut butter
2 green apples, cut into wedges

Let the kids dip the apple wedges into the peanut butter. If you prefer to thin it, melt the peanut butter in the microwave first. Serves 2.

SNACK ART

Create a work of art using the following elements:

•**The Foundation** Celery, carrots, zucchini or cucumbers cut into sticks or rounds; banana, apple or pineapple slices; melon balls; lettuce leaves; or orange sections

•**The Cement** Peanut butter, low-fat cream cheese, yogurt, jam, marinara sauce or low-fat ranch dressing

•**The Decorations** Seeds, nuts, grapes, raisins, olives, frozen peas or beans.

Suggest they build sharks, monsters, cars, flowers, or have them write their names.