

# Nutrition Newsletter

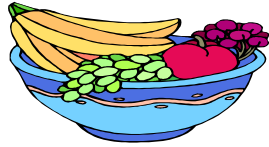
Cayuga County Health & Human Services WIC Program Summer 2004

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## Healthy Snacks

Snacking has become a way of life for both adults and children. Kids love to snack, and the good news is that snacking is important to a child's well being.

Snacks can be good for us if we make good choices. Children especially may benefit from healthy snacks. They often cannot eat enough at three meals a day to satisfy their hunger and provide all of the nutrients they need. Snacks can provide the additional foods they need.



### Snack Tips

- Plan snacks as a part of the day's food plan.
- When shopping, let children help pick out fruits, vegetables and cheeses for snacks. They will be more interested in eating these foods if they have been involved in selecting them.
- Offer snacks at regular times, such as midmorning and midafternoon. Don't let children nibble constantly during the day.
- Avoid high sugar, fatty and salty snacks, such as chips, candy and soda.
- Remember to choose foods that aren't choking hazards.

### Simple Healthy Snack Ideas

- Raw vegetables, such as celery, carrots, cauliflower, broccoli, green pepper, green beans, cucumbers, mushrooms or zucchini may be served with a low fat dip.
- Fresh fruit in season cut in slices or halves, such as apples, oranges, bananas, peaches, grapefruit, grapes, melons, pears, plums or strawberries.
- Low fat quick breads and muffins, such as pumpkin, zucchini, banana or bran.
- Non-sugared cereals, snack mixes made with popcorn and whole grain cereal.
- Low fat yogurt with fresh, frozen or canned fruit.
- Shakes with low fat milk or yogurt and fruit.
- Bagels with various spreads. I.e. peanut butter, humus, cream cheese, jellies.

## Fast Foods and Good Nutrition

If you dine often at fast food restaurants, look beyond the burgers, fries and shakes. Many offer salads, baked potatoes, soups, and whole-wheat products as well.

Here are some suggestions for more nutritious fast-food meals:

- ☺ Avoid fried foods. Choose baked or broiled instead.
- ☺ Order pizza with mushrooms, onions, or peppers instead of pepperoni and sausage.
- ☺ Avoid mayonnaise-laced salads. Choose fresh fruits and vegetables.
- ☺ Steer clear of bacon bits, croutons, rich salad dressings, and fried noodles.
- ☺ Use high sodium condiments like mustard or pickles sparingly.
- ☺ Ask for skim or 1% milk instead of cream or nondairy creamer in your coffee or tea.

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## Try New Veggies

Farmers' markets, grocery stores and gardens are full of a variety of vegetables. Take advantage of the fresh delicious produce available at this time of year. Try some new vegetables with your child.

Take a trip to your local farmers' market with your child. Ask your child to choose a new vegetable. Talk about the new vegetable with your child. What does it look like? What color is it? How does it smell? How does it feel? How should we cook it? Can we eat it raw?

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## The Active Approach

Along with eating well, children need to be active. Exercise helps bones grow strong. It builds muscle strength and healthy lungs and helps prevent kids from becoming overweight.

Limit the time spent watching TV or playing video games to an hour or so a day. Children need at least 30 minutes of activity a day if not more. Try to work in 30 to 60 minutes of exercise a day, even if it's only 10 minutes at a time.

- Be an active role model for your child. Play tag● Walk the dog● Fly a kite
- Go bowling● Dance to favorite music● Walk to the store● Play hopscotch
  - Ride a bike● Wash the car● Run races● Shoot hoops● Plant a garden
  - Play baseball or soccer● Swing on swings● Swim● Jump rope● Play catch