

Snack Attacks – Be Prepared

Glenda L. Warren

A snack attack is likely to hit as soon as children get home from school. Plan ahead and have ready-to-eat foods that fit into a healthy eating plan. This means you should plan snacks that help children get the recommended daily amounts from each of the main food groups:

- Grains
- Vegetables
- Fruits
- Milk
- Meat and Beans Group



Let us think about some snack ideas from the Fruit Group.

Most children do not eat enough fruit. MyPyramid recommends whole fruit instead of fruit juice for *most* of your fruit choices. Whole or cut up fruit provides fiber in addition to the vitamins and minerals found in fruit juice.

Try these ideas:

- Fresh fruit available in the crisper in the refrigerator
 - Grapes, kiwi, plums, peaches, pears, strawberries, or tangerines
- Fresh fruit available in a bowl on the table or counter
 - Apples, bananas, nectarines, oranges, pears
- Fresh fruit already cut-up and available in the refrigerator
 - Cantaloupe, mangos, or pineapple
 - *Always* keep cut fruit in the refrigerator
- Single servings of fruit created at home and refrigerated in individual containers
 - This could be a mixture of fresh, dried, canned and/or frozen fruit



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1. This document is FCS8865, one series of the Department of Family, Youth and Community Sciences, Florida cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: December 2008 Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
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- Single servings of fruit purchased in cans, cartons, or plastic containers
 - Applesauce, apple chunks, peaches, raisins, pineapple or mixed fruit
- Single servings of dried fruit, divided at home, or purchased in individual packages
 - Apples, apricots, peaches, raisins, or plums
- Chilled fruit salad as a special treat. Have it waiting in the refrigerator!
 - Remember: always keep cut fruit refrigerated.

These are just a few of the many ideas that you can consider. Think about your budget, schedule and nutritional needs of your children to plan a snack idea. Remember, ideas for healthy snacks also include food choices that help get the daily-recommended amounts from the other major food groups. The main idea is to have available those foods that help your children to get the best nutrition.

The key is to be prepared by having these healthy snacks available when a snack attack hits!

