

Fairfax County School Health Promotion April Newsletter Articles

Smart Snack Choices = A Healthier You!



Newsletter and/or KIT – Very Short

Did you know one in five school-age children eat up to six snacks a day? Easy access to sugary snacks can lead to weight gain. Many common snacks are often high in calories and low in nutritional value, according to the American Academy of Pediatrics. Providing the right types of snacks at the right time will help manage hunger and boost energy. Controlling portion sizes and limiting snacking is also key to maintaining a healthy weight.

Newsletter - Short

Snacks are a big part of a child's life, but are often unhealthy and do not provide good nutrition. Giving the right types of snacks at the right time will help manage hunger and boost energy. Controlling portion sizes and limiting frequent snacking is also important to maintaining a healthy weight. Here are some healthy tips to get you started:

- Avoid buying junk food – if it isn't available in the house, then your child is more likely to eat the healthier options.
- DO buy whole grains – Whole grain foods such as cereals, pretzels, crackers, bread and tortillas will help your child stay full longer.
- Try new things – Encourage your child to try new things, such as hummus, red/yellow peppers, mangos and snap peas.
- Add your own sweetness – Add your own fruits to plain yogurt versus buying yogurt with "fruit on the bottom." Adding fruits to cereal and pudding are good options, too!
- Prepare snacks ahead of time – Kids love to grab and go so pre-portioning snacks will discourage over-eating and mindless snacking.
- Establish a snacking zone – Avoid having your child snack in front of the TV, and instead have an area in the house designated for snack time.



Newsletter – Long

Snacks are a big part of a child’s life, but are often unhealthy and do not provide good nutrition. Giving the right types of snacks at the right time will help manage hunger and boost energy. Controlling portion sizes and limiting snacking is also important to maintain good nutrition and a healthy weight. You can have twice as much air-popped popcorn compared to potato chips! Here are some healthy tips to get you started:

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Try some of these healthy snack options:

- Whole grain crackers and cheese.
- Hummus with vegetables, such as red or yellow peppers, celery and carrots.
- Plain yogurt with fresh fruit.
- Graham crackers with low fat cream cheese.
- Air-popped popcorn.

References:

<https://www.healthychildren.org/>

<http://www.cdc.gov/healthyschools/obesity/facts.htm>

<http://pediatrics.aappublications.org/content/135/3/575.info>

<http://choosemyplate.gov>

