Fairfax County School Health Promotion
April Tips of the Week for Middle School

Smart Snacking = A Healthier You!

Start each tip with this dialogue: "Welcome to your Healthy Tip of the Week!"

Week 1:

Did you know that one in five school-age children eat up to six snacks a day? All of those snacks add up to extra calories, fats, salt and sugars, and is a contributor to weight gain. Try to limit the number of snacks to one or two small snacks a day and only eat a snack if you are really hungry.

Tune in next week for another Healthy Tip of the Week!

Week 2:

Eating a healthy snack when you are really hungry can help prevent you from overeating at your next meal. Make it easier to reach for healthy foods by creating your own prepared snacks. Choose your favorite fresh or dried fruits, unsalted nuts and seeds, and whole-grain cereal to make your own snack mixes and try it on top of low-fat yogurt. Or, you can pre-wash and cut vegetables to eat with low-fat dips, such as hummus.

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Week 3:

When picking a snack, try to choose healthy foods that are 100 calories or less. Some examples are 1 medium apple, ½ of a banana, 12 baby carrots, 3 cups of air-popped popcorn, 2 graham cracker squares, 10 almonds, or 1 large hardboiled egg. Eating well-portioned snacks can prevent you from overeating and gaining weight.

Tune in next week for another Healthy Tip of the Week!

A Fairfax County, Va., publication. April 2016. If you would like this information in another format please call 703-246-2411, TTY 711.

This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.

Week 4:

Did you know that most young people in the U.S. do not eat the recommended 5 servings of fruits and vegetables every day? When picking a snack, try to reach for a variety of different colored fruits and vegetables to give you a wide range of essential vitamins and minerals.

Tune in next week for another Healthy Tip of the Week!

References:

- http://www.letsmove.gov/healthy-snacks
- http://www.cdc.gov/healthyweight/healthy_eating/portion_size.html
- http://www.choosemyplate.gov
- http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/healthy-cooking.htm
- http://www.cdc.gov/healthyschools/obesity/facts.htm

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