

Smart Snack Choices

Think of Snacks as mini-meals!

Instead of chips & cookies, stock your kitchen with the following:

- Snack size low-fat yogurt
- Hummus with rice cakes or whole grain crackers
- Ready to eat cereal in small containers
- Reduced fat (part-skim) cheese cubes or sticks
- Raw vegetables with low-fat cottage cheese or low-fat sour cream
- Peanut butter on apple slices
- Reduced fat cheese melted on top of an apple on a whole grain English muffin or bread
- Frozen grapes
- Mini pizzas made on English muffins
- Whole-wheat tortilla filled with hummus, salsa and reduced fat cheese
- Prepared salads with low-fat dressing
- Low-fat air popped or microwave popcorn
- Smoothies made with low-fat milk or yogurt, soy milk, and fruit
- Fruits and vegetables come ready to eat! Just a quick peel or rinse of water. These include bananas, oranges, grapes, berries, cherry or grape tomatoes, apples, pears, Kirby cucumbers, broccoli, celery and mushrooms.

Keep in mind...

1. Introduce your kids to the kitchen. Teach them where the smart snacks are kept.
2. Smart snacks should be obtainable. Keep snacks on the lower shelves of your pantry and refrigerator.
3. Avoid foods that contain **PARTIALLY HYDROGENATED OILS** and **SWEETENERS** (ie. high fructose corn syrup, artificial flavoring).
4. Keep smart snacks in see through containers or plastic bags. Kids will not have to guess what's inside.
5. Try to prepare or purchase single serve items. "Single serve" is enough for one serving, not two or three.
6. Keep fresh fruit on the counter.

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Move More, Eat Vegetables & Fruit, Be Tobacco Free

