



# SNACK BITES



Easy Snack Choices



# SNACK BITES

**Snack** \snak\; a light meal; food eaten between regular meals

Chances are people grow up thinking snacking is a “no-no,” something people do even though they know better. Images of children sneaking treats from the cookie jar come to mind.

The good news is. . . snacking is okay. Regardless of one’s age, nutritious snacks, planned as part of the day’s food, can be very important in meeting nutrient needs.



- **Children**, especially, need snacks. Their energy needs are high, and they can eat only small amounts of food at each meal. That is why it is important that they eat every three or four hours. The key point to remember is that you control the snacking time and the type of food consumed.
- **Teenagers** are in their growing years and may need extra helping of food.
- **Active Adults** may eat small meals and snacks throughout the day rather than large meals.
- **Older Adults** also benefit from snacking especially when problems with chewing or appetite interfere with regular meals.

**Have Regular Meals and Snacks**



# PLANNING

The key to snacking regularly is being prepared. If you plan a fairly consistent snack time, and have food on the table promptly, you will be able to manage snack timing, location, and choice.

# CHOICE

When choosing snack foods, keep these items in mind:

1. **Convenience.** Rather than reaching in a candy jar, children may reach for an orange if it is peeled, sectioned and ready to eat.
2. **Taste.** Children who are used to eating chips, soft drinks and candy may not accept healthier snacks the first time offered. Start slowly and keep trying. Remember, some desserts are more nutritious than others. Custards, puddings, and oatmeal cookies are examples of nutritious desserts. Likewise, serving children flavoring in milk or jam on toast is acceptable. Remember, however, to provide a wide variety of snack foods, not always sweet snacks. Serving milk with snacks provides extra nutrients, too.
3. **Nutrients.** Keep **MyPyramid** in mind when planning snacks just as you would when planning meals. No single food supplies all the needed nutrients for the body so it is important to eat a variety of foods in moderation.



Concern over fat in the diet has caused some parents to restrict the amount of fat that their children eat. It is not recommended to restrict fat in the diet for children younger than two years old. After age two, a moderate approach should be followed.

4. **Dental Health.** If sweet, sticky foods like raisins or candy are eaten as snacks, it would be wise to have children brush their teeth soon after eating. If children are not able to brush soon after eating, cheese is a good snack choice. Popcorn and peanuts are also good choices, if children are three years or older.



## TIMING



Provide your child with three meals a day and have planned snacks midway between meals. Snacks should occur long enough after the meals to that your child knows he will have to go hungry for some time if he refuses the meal. This helps prevent the pattern of meal refusal followed by immediate begging for food.

You may have to offer two snacks if you have long time spans between meals. If children have an early lunch and a late dinner, it often works well to have a “heavy” snack two or three hours after lunch. Examples would be cheese and crackers, peanut butter on apples or the uneaten sandwich left from lunch. Later a “light” snack, such as a small amount of juice, helps tide your child over when you are busy preparing dinner.

# Nutritious Nibbles Ideas



At home, you can find good snacks like these in the . . .

## Refrigerator

- Yogurt
- Cheese cubes, string cheese
- Fruit: apples, pears, oranges, grapes, melon, berries, kiwi, peaches, and plums
- Hard-boiled eggs
- Meat
- Milk
- Pudding
- Vegetables: broccoli/cauliflower pieces, carrot\*/celery sticks\*, cucumber circles, radish "roses"\*
- Fruit juices

## Freezer

- Frozen yogurt
- Fruitsicles
- Ice cream



## Cupboard / Counter

- Banana
- Bread / breadsticks
- Cereal
- Whole grain crackers
- Pretzels
- Dried fruit: apricots, raisins, prunes
- Fruit cookies
- Muffins and quick breads
- Nuts \*
- Peanut butter (thinly spread)
- Seeds: pumpkin, sunflower \*
- Trail mix (nuts \* and dried fruit combo)

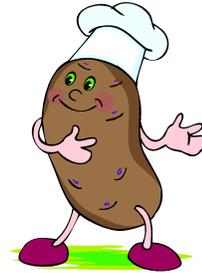




You can make interesting snacks like these in the . . .

### Stove / Microwave Oven

- Baked potato
- Cheese toast
- Cheese tortilla
- Hot pretzel
- Parmesan cheese sprinkled on shredded wheat cereal
- Pizza
- Popcorn \*
- Soup



### Blender

- Fruit / Yogurt shake
- Milkshake



When you are not at home, you can buy snacks at the . . .

### Vending Machines

- Cheese and crackers
- Fruit juice
- Oatmeal cookies
- Peanuts \*
- Peanut butter and crackers
- Raisins



\* Not appropriate for children under 3 years of age

# SNACK RECIPES

## ORANGE “CREAM” SLICKS

6 ounces frozen orange juice concentrate, thawed  
6 ounces water  
1 cup plain yogurt  
1 teaspoon vanilla



Blend all ingredients until smooth. Pour mixture into paper cups and freeze for one hour. Insert sticks into center and continue to freeze until firm, about three hours. To serve, tear the cups away from the “popsicle.” Makes 6.

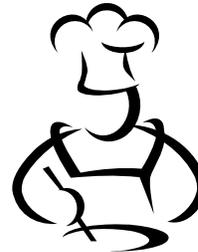
Nutrition Information Per Serving: Calories-80; Protein-3g; CHO-16g; Fat-6g

## CHOCOLATE PUDDING MIX

½ cup white sugar  
1/3 cup unsweetened cocoa powder  
3 tablespoons cornstarch  
2 cups fat-free milk  
2 teaspoons vanilla extract

In a microwave-safe bowl, whisk together the sugar, cocoa and cornstarch. Whisk in milk a little at a time so the mixture does not have any dry lumps.

Place in the microwave, and cook for 3 Minutes on high. Stir, then cook at 1 minute Intervals, stirring between cooking times for 2 to 4 minutes, or until shiny and thick. Stir in vanilla.



Place a piece of plastic wrap directly on the surface of the pudding to prevent a skin from forming, and chill in the refrigerator. Serve cold.

Nutrition Information Per Serving: Calories-203; Fat-2g

## GOLDEN WHEAT SNACK MIX

3 cups Wheat Chex or Multi-Bran Chex cereal  
3 cups Multi-Grain Cheerios Plus cereal  
1 cup pretzel twists or sticks  
½ cup peanut butter  
1 Tablespoon margarine or butter  
1 cup raisins  
1 cup salted dry-roasted peanuts, if desired \*

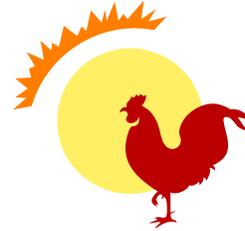


Heat oven to 350° F. Mix cereals and pretzels in large bowl; set aside. Heat peanut butter and margarine to boiling in 1-quart saucepan, stirring occasionally. Pour over cereal mixture, stirring until evenly coated. Spread in ungreased rectangular pan, 13x9x2 inches. Bake 10 minutes, stirring occasionally. Stir in raisins and peanuts. Spread on paper towels; cool completely. Store in airtight container. Makes 9 cups.

\* Not appropriate for children under 3 years of age.  
Nutrition Information Per Serving: Calories-160; Protein-5g; CHO-19g; Fat-9g

## CINNAMON-RAISIN MORNING MIX

¼ cup sugar  
1¼ teaspoons ground cinnamon  
3 Tablespoons margarine or butter  
1½ cups Corn Chex cereal  
1½ cups Rice Chex cereal  
1½ cups Wheat Chex cereal  
½ cup raisins or other dried fruit



Mix sugar and cinnamon; set aside. Microwave margarine in large microwavable bowl on High about 40 seconds or until melted. Stir in cereals until evenly coated. Microwave 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereal mixture; stir. Sprinkle with remaining sugar mixture. Microwave 1 minute; stir in raisins; Spread on paper towels to cool. Makes about 4½ cups.

Nutrition Information Per Serving: Calories-130; Protein-1g; CHO-24g; Fat-4g

## CEREAL BARS

¼ cup margarine or butter  
40 large marshmallows  
½ cup peanut butter  
½ cup raisins  
5 cups of flaked cereal

Melt butter and marshmallows. Stir in peanut butter until smooth, add raisins and cereal. Stir until coated. Press into greased 9x13x2 inch pan and cut into squares. Makes 24.

Nutrition Information Per Serving: Calories-120; Protein-2g; CHO-19g; Fat-5g

## OATMEAL COOKIES

½ cup margarine or butter  
½ cup brown sugar  
½ cup white sugar  
2 eggs  
1½ teaspoons vanilla  
⅓ cup dry powdered milk  
1½ cups white flour \*  
¾ teaspoon baking soda  
¾ teaspoon baking powder  
1½ cups oatmeal  
1 cup raisins or mini-chocolate chips (optional)



Cream butter and sugars. Beat in eggs and vanilla until smooth. Add flour, dry milk, soda and baking powder and mix until smooth. Mix in oatmeal and raisins or chocolate chips. Drop cookies 2 inches apart on well-greased cookie sheet. Bake 10-12 minutes at 350° F. Yield: 4 dozen.

\* Or try using 1 cup whole wheat flour and ½ cup white flour.

Nutrition Information Per Cookie With Raisins: Calories-50; Protein-1g; CHO-8g; Fat-3g

## **AFTER SCHOOL PIZZA SPINNERS**

1 (7½ ounce) can refrigerator biscuits  
½ cup pizza sauce  
2/3 cup chopped, cooked meat (ham or ground beef)  
2/3 cup shredded part skim mozzarella cheese

On baking sheet, flatten out each biscuit with fingers until doubled in size. Spread 2 teaspoons of pizza sauce on each biscuit. Sprinkle 1 tablespoon meat over sauce; top with 1 tablespoon cheese. Bake in 400° F oven for 8-10 minutes. Refrigerate leftovers. Reheat in oven or microwave. Makes 10.

Nutrition Information Per Spinner: Calories-200; Protein-9g; CHO-32g; Fat-4g

## **BITE-SIZE MEAT STUFFERS**

Thaw a loaf of frozen bread dough. Let rise to double in size. Prepare 36 cubes of any of the following: ham, cooked chicken, or cheese. Divide dough into 3 parts. Cut each third into 12 pieces. Shape piece of dough around cube of meat or cheese. Seal well. Place on greased cookies sheet. Cover, let rise until doubled in size. Bake at 400° F for 10-12 minutes until lightly browned. Refrigerate leftovers or freeze.

Nutrition Information Per Stuffer: Calories-58; Protein-4g; CHO-9g; Fat-1g

## **TORTILLA TRIANGLES**

Cut corn tortillas into six triangles. Top with grated mozzarella cheese and sprinkle with garlic and onion powder. Place in 350° F oven to crisp tortilla and melt cheese.

Nutrition Information Per Triangle: Calories-33; Protein-1g; CHO-4g; Fat-1g

## **TORTILLA BANANAS**

Spread peanut butter thinly on a flour tortilla. Put a peeled banana on the tortilla, roll up. Cut in half. Makes 2 servings.

Nutrition Information Per Serving: Calories-154; Protein-4g; CHO-25g; Fat-5g

## POPCORN

(Not appropriate for children under 3 years of age)

6-7 cups popped popcorn  
Flavored cooking spray (butter, olive oil, garlic)  
Garlic salt or cinnamon

Pour popped popcorn onto a baking sheet, coat with spray, and follow with garlic salt or cinnamon



Nutrition Information Per 1 cup: Calories-61; Protein-1 g; CHO-5g; Fat- 0.8 g

## CHILI CON QUESO

1 cup milk  
1 pound American Process cheese, cubed or  
grated \*\*  
½ cup or more mild salsa



Warm milk in heavy saucepan. Add cheese. Stir until cheese is melted. Add salsa to taste. Serve with raw vegetables or tortillas. Store leftovers in covered container in refrigerator. May be reheated in saucepan over low heat. Makes 3-4 cups.

Microwave directions: Combine milk and cheese in 1½ qt. casserole dish. Microwave at medium-high setting for 5-8 minutes until cheese is melted. Stir in salsa.

\*\* If you use a cheese food such as Velveeta, reduce the amount of milk to ¾ cup.

Nutrition Information Per Serving: Calories-116; Protein-7g; CHO-2g; Fat-9g

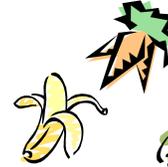


	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Morning							
Mid-Afternoon							
Evening Time							



# Snack Supply

Plan your weekly snack supply.



Post this on your refrigerator and use it as a weekly guide for snacking and grocery shopping.

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