



# Right Bite!

A Newsletter for Healthy Eating

## In this Issue:

- Major Food Group Snacks
- Smart Snacking
- Word Find
- Recipe
- Food Safety Corner
- Easy Snack Ideas
- Improve Your Health Without Great Wealth

## Snack Attack!

Snacking can be an important part of a healthy diet. Snacks help with between meal hunger, and can also add important nutrients to your diet. Snacking is especially important for children because they need a lot of calories to help them grow. In fact, about 20% of a child's energy and nutrients come from snacks. Eating healthy snacks early in life is important because the foods that children choose now, often set the stage for what they will choose later on.

## What Makes a Healthy Snack?

*Choose from each of the major food groups*

Vol 1 Issue 9



FCS 238

### Grain Group

- Pretzels
- Graham crackers
- Low-sugar cereals

### Fruit Group

- Dried fruit
- 100% fruit juices
- Fruit slices

### Vegetable Group

- Chopped raw veggies with low-fat dressing

### Milk Group

- Fat-free or low-fat milk and yogurt
- Low-fat cheese

### Meat Group

- Peanut butter
- Hard-boiled eggs

## Tips for Smart Snacking



- ☀ **Keep snacks from the major food groups handy:** Raw, chopped vegetables, 100% fruit juice, peanut butter, hard-boiled eggs, and fat-free or low-fat milk, yogurt and cheese are examples.
- ☀ **Let snacks fill in the gaps.** If your child misses juice for breakfast, offer fruit at snack time.
- ☀ **Time snacks carefully.** Snacks should be offered 2-3 hours before meals, so your child will be hungry for lunch or dinner.
- ☀ **Keep snacks small.** If your child is still hungry, he or she can ask for more. Let your child decide what's enough.
- ☀ **Go easy on sugary drinks.** Offer fat-free or low-fat milk, 100% fruit juices, or water as snack drinks. Soft drinks and fruit drinks that aren't 100% juice, can crowd out foods your child needs to grow and stay healthy.

### Can you find the healthy fruit group snacks hidden below?

Q O H S H K I Z T F T D X I D  
D R I E D F R U I T S P G E J  
U S G R A P E S O Q I V W Q V  
B N Q L A P P L E S A U C E Y  
S K N U H C E L P P A E N I P  
Z W V W U H P E W G O K Y G R  
Z S T R A W B E R R I E S P L  
U D S A N A N A B H Q F M W R  
I F A Q K Q E S Y K P C O Z I  
Z U T V Y F C T L Y K S S V W

applesauce  
bananas  
dried fruits  
grapes  
pineapple chunks  
strawberries

## Right Bite Recipe

### Graham Cracker Scram

#### Ingredients:

2 low-fat graham crackers  
Peanut butter  
½ banana

#### Directions:

1. Spread peanut butter on one graham cracker.
2. Slice banana and put slices on top of peanut butter.
3. Top with other cracker.

To add another food group, offer a glass of fat-free or low-fat milk along with this snack.

## Food Safety Corner

### Kitchen Safety - preventing fires



- Never leave food cooking on your stove or in your oven when you leave home, and stay in the kitchen whenever anything is cooking.
- Turn off stoves and appliances as soon as you are finished using them. Unplug electrical appliances when they are not in use.
- Built-up grease catches fire easily. Wipe appliance surfaces after spills and clean stove surfaces and ovens regularly.

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## Fun, Easy-to-Make Snack Ideas!

**Milk Shake-ups:** Pour fat-free or low-fat milk, 100% fruit juice, and ice in a covered container and shake!

**Fruit Juice Pops:** Freeze 100% fruit juice in small paper cups or ice cube trays.

**Crunchy Banana:** Peel banana. Roll in low-fat yogurt and lower-sugar cereal, and freeze.

**Peanut Butter Logs:** Fill celery with peanut butter.



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For more information about food, nutrition, or health, contact your local County Extension Office or visit [www.arfamilies.edu](http://www.arfamilies.edu).

## Smart Snacking—Improve Your Health Without Great Wealth!

Healthy Choice	Price per serving	Nutrition Facts	Other Choice	Price per serving	Nutrition Facts
Orange 	\$.33	70 calories 0 fat	Your Bakery Connection Orange Muffins	\$.50	200 calories 9 g fat
Banana 	\$.26	120 calories 1 g fat	Hostess Banana Walnut Mini-Muffins	\$.43	140 calories 8 g fat
Carrot 	\$.14	33 calories 0 fat	Homestyle Two-Bite Carrot Snack Cakes	\$.75	310 calories 20 g fat
Apple 	\$.25	80 calories 0 fat	Hostess Apple Spice Cupcakes	\$.44	200 calories 6 g fat

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