

The **ABC's** of Growing Healthy Kids

KEEP ON SNACKING

Be Snack-Wise . . . Use the Food Guide Pyramid to Plan Snacks

What's the first thing your children say when they come in the door? "I'm hungry. What's to eat?"

It can be hard for kids to get all the nutrients and calories they need in three meals a day, especially if they are very active. Studies show that many children do not get enough iron, vitamin A, or vitamin C. Good snacks can provide these and other vital nutrients. That's why nutritious snacks are good for growing kids.

Snacks based on the food guide pyramid provide the biggest nutritional bang for your snack-time buck. Try these ideas for snacks at home or "on the go":

Snacks from the Grain Group

- Cracker stacks—wheat crackers with cheese spread
- Ready-to-eat cereals
- Flavored mini rice cakes or popcorn cakes*
- Breads of all kinds, such as multigrain, rye, white, or wheat

- Pretzels
- Popcorn*
- Trail mix—ready-to-eat cereals mixed with raisins or other dried fruit*
- Graham crackers

Snacks from the Vegetable Group

- Vegetable sticks, such as carrot,* celery,* green pepper, cucumber, or squash
- Celery stuffed with peanut butter*
- Cherry tomatoes cut in small pieces
- Steamed broccoli, green beans, or sugarpeas with low-fat dip

Snacks from the Fruit Group

- Apple ring sandwiches—peanut butter* on apple rings
- Tangerine or orange sections
- Chunks of banana or pineapple
- Canned fruits packed in juice
- Juice box (100% juice)
- Grapes or raisins

*May cause choking in children under 3.

Snacks from the Milk Group

- Milkshakes made from milk and fruit
- Cheese slices with thin apple wedges
- String cheese or individually wrapped cheese slices
- Mini yogurt cups

Snacks from the Meat Group

- Hard-cooked eggs (wedges or slices)
- Peanut butter* spread thin on crackers
- Bean dip spread thin on crackers

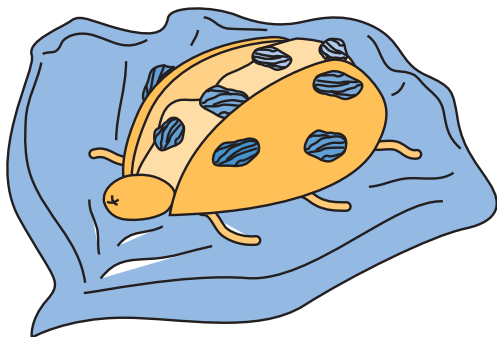
Cool Kids Eats and Treats

Here are some snack foods that are simple to make:

Ants on a log—Fill celery sticks with peanut butter* and top with raisins.

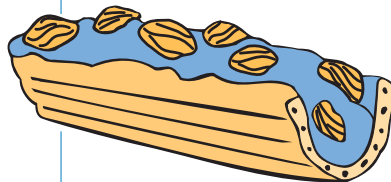
Banana split salad—Slice bananas lengthwise. Top with a scoop of cottage cheese. Spoon fruit cocktail over the top.

*May cause choking in children under 3.



Fancy sandwiches—Cut bread into shapes with cookie cutters. Spread with favorite toppings.

Make-a-face sandwich—Cut bread into a circle. Spread with peanut butter. Make “hair” and “eyes” with raisins, carrots, apple slices, or coconut.



Party mix—Mix 1 cup dry cereal and ½ cup small pretzel sticks. Place on cookie sheet. Coat with 2 tablespoons melted butter; sprinkle with Parmesan cheese. Bake at 250°F for 30 minutes, stirring occasionally.

Roll-up salad—Spread a leaf of lettuce or cabbage with peanut butter. Place a celery or carrot stick in the middle. Roll up the leaf with the carrot or celery in the center.

Treasure logs—Lay a piece of cheese on a thin slice of meat. Roll into a log shape.

More Cool Treats!

Apple-Raisin Ladybugs

- 2 lettuce leaves
- 1 medium red apple, quartered and cored
- 4 teaspoons creamy peanut butter
- 2 tablespoons raisins
- 5 red grapes

Place the lettuce leaves on two salad plates. To make one bug, arrange two apple quarters, peel side up, on a lettuce leaf. Put dabs of peanut butter in the space between the apple quarters and arrange raisins on the peanut butter. For the head, place one grape at the stem ends of the quarters.

For legs, cut each remaining grape lengthwise into four pieces; put three on each side of the ladybug. Place small dabs of peanut butter on the remaining raisins; gently press onto the apples for spots. Repeat the process for the second bug.

Makes two bugs. One serving provides 137 calories, 3 grams protein, 3 grams fiber, and 6 grams fat.

Banana Bug

- This snack is fun to make with kids.
- 1 small, not-too-ripe banana
 - 8 pretzel sticks
 - 1 teaspoon creamy peanut butter
 - 2 teaspoons raisins

Poke the pretzel sticks into the banana for the legs and antennae. Use peanut butter to make eyes and to glue on a raisin spine.

Makes one bug. One serving provides 140 calories, 3 grams protein, 3 grams fiber, and 6 grams fat.

Banana-Applepillar

1 lettuce leaf
1 medium banana, peeled
 $\frac{1}{2}$ medium red or yellow apple, cored and cut into $\frac{1}{4}$ -inch slices (a pear may be used in place of the apple)
 $\frac{1}{4}$ teaspoon raisins (2)

Place the lettuce on a salad plate; top with the banana. Cut $\frac{1}{4}$ -inch, V-shaped slices halfway through the banana, spacing cuts 1 inch apart. Place a pear slice, peel side up, in each cut. For eyes, gently press raisins into one end of the banana. Serve immediately!

Makes one caterpillar. One serving provides 42 calories, 0 grams protein, 2 grams fiber, and 0 grams fat.

Cherry Tomato Spiders

2 cherry tomatoes
1 tablespoon chow-mein noodles (16)
 $\frac{1}{2}$ teaspoon peanut butter or cream cheese
 $\frac{1}{2}$ teaspoon raisins (4)

Stick four chow-mein noodles on each side of the cherry tomato to serve as spider legs. Dab the raisins with peanut butter or cream cheese and stick to the cherry tomato to serve as eyes. Repeat the process for the second spider.

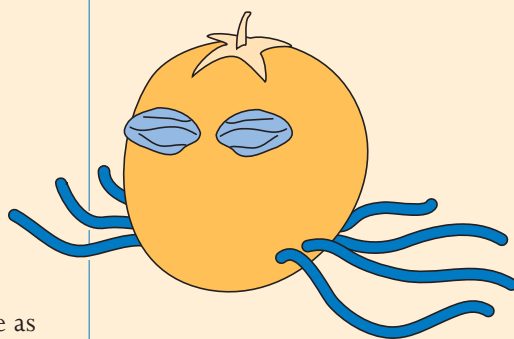
Makes two spiders. One serving provides 21 calories, .5 gram protein, 0 grams fiber, and 1 gram fat.

Ice Cream in a Bag

Pint-sized zipper-type bag
1 tablespoon sugar
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ cup milk
Gallon-sized zipper-type bag
3 cups ice
 $\frac{1}{3}$ cup salt

Put the sugar, vanilla, and milk in the pint-sized zipper bag. Close the bag, making sure it is sealed. Combine ice and salt in the gallon-sized bag. Put the pint bag inside the gallon bag and close the large bag securely. Turn and roll the bag for approximately 6 minutes until you have a semisoft, delicious treat.

Makes one serving. One serving provides 116 calories, 4 grams protein, 0 grams fiber, and 0 grams fat.



Lunch Box Pizzas

1 tube refrigerated buttermilk biscuits (10 biscuits)
 $\frac{1}{4}$ cup tomato sauce
1 teaspoon Italian seasoning or oregano
10 slices pepperoni
 $\frac{3}{4}$ cup shredded Monterey Jack cheese (or other favorite cheese)
 $\frac{3}{4}$ cup sliced or chopped vegetables (green peppers, mushrooms, broccoli)

Flatten each biscuit into a 3-inch circle and press into a greased muffin cup. Combine

the tomato sauce and Italian seasoning; spoon 1 teaspoonful into each cup. Top each with a slice of pepperoni, a vegetable topping of your choice, and 1 tablespoon of cheese. Bake at 425°F for 10–15 minutes, or until golden brown. Cool and package individually in plastic sandwich bags.

These are good cold in a lunch box or made for a snack. Include an ice pack or a box of frozen juice with the wrapped pizzas to keep them cold.

Makes 10 servings. One serving provides 256 calories, 8 grams protein, 0 grams fiber, and 14 grams fat.

Puddingwiches

$1\frac{1}{2}$ cups cold milk
1 package (3.9 ounces) instant chocolate pudding mix
 $\frac{1}{4}$ to $\frac{1}{2}$ cup peanut butter
15 whole graham crackers

In a mixing bowl, combine the milk, pudding mix, and peanut butter. Beat on low speed for 2 minutes. Let stand for 5 minutes. Break the graham crackers in half. Spread the pudding mixture over half the crackers; top with the remaining crackers. Wrap and freeze until firm.

Makes 15 sandwiches. One serving provides 100 calories, 3 grams protein, 1 gram fiber, and 4 grams fat.

Fruit Leather

6-ounce package dried fruits
 $1\frac{1}{4}$ cups water
 $\frac{1}{4}$ cup sugar

In a medium saucepan, combine all ingredients. Bring

to a boil; reduce heat. Cover and simmer about 15 minutes or until the fruit is very tender. Drain off any liquid. Blend in a food processor. Line a 15 x 10 x 1 inch baking pan with foil. Spray with nonstick coating. Spread the fruit in a thin, even layer over the foil. Place in a 300° oven for 35 minutes. Without opening the door, turn off the oven and let the fruit dry overnight. Lift the foil and fruit leather off the pan. Remove the leather from the foil. Roll up and wrap in waxed paper. Keeps in refrigerator for up to 3 months or in freezer for up to 6 months.

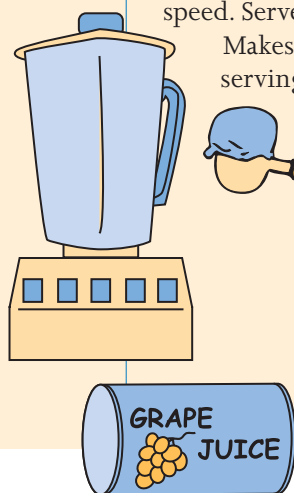
Makes 10 1½-inch wide x 10-inch strips. One strip provides 61 calories, 0 grams protein, 1 gram fiber, and 0 grams fat.

Happy Trail Mix

2 cups honey graham cereal
1 cup tiny marshmallows
1 cup peanuts
½ cup semisweet chocolate or butterscotch pieces
½ cup raisins

Combine all ingredients. Store in a closed plastic bag or covered container.

Makes about 5 cups, or 10 servings. One serving provides 260 calories, 7 grams protein, 3 grams fiber, and 15 grams fat.



Frozen Yogurt Pops

2 cups yogurt
1 6-ounce can frozen fruit juice concentrate
2 teaspoons vanilla

Place ingredients in a large bowl and stir until well blended. Spoon into small paper cups. Insert a wooden ice cream spoon, plastic spoon, or popsicle stick, and freeze. (A small piece of foil wrapped around the top of the cup will hold the spoon in place.)

Makes four pops. One serving provides 220 calories, 7 grams protein, 0 grams fiber, and 15 grams fat.

Purple Cow

2 cups vanilla ice cream, slightly softened
3 tablespoons frozen grape juice concentrate, thawed
1 cup milk

Put the grape juice concentrate and milk in a blender. Blend at low speed until smooth. Add the softened ice cream and blend at low speed. Serve immediately.

Makes four drinks. One serving provides 187 calories, 4 grams protein, .5 gram fiber, and 8.5 grams fat.

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