

# Snacks

Healthy Lifestyles Program (HeLP) - Children's Mercy Family Health Partners



Snacking can be nutritious, as long as you choose snacks wisely. A healthy snack is a good choice if you are hungry between meals. If you are not hungry, you may not need a snack.

Snacks are a great way to get in the recommended number of servings from each food group every day.

Mix and match foods to make your own "mini-meal." Including a protein and a carbohydrate (Carb) will leave you feeling more satisfied.



## 50-calorie snacks

### Fruits and Vegetables (Carbs)

- 1/2 cup no-sugar applesauce
- 1 fruit cup in lite syrup or juice
- 1 medium fresh peach
- 1 medium apple
- 1 cup strawberries
- 1 medium orange
- 1 cup watermelon
- 1/2 banana
- 2 tablespoons raisins
- 3/4 cup salsa
- 1 cup (4 oz.) baby carrots



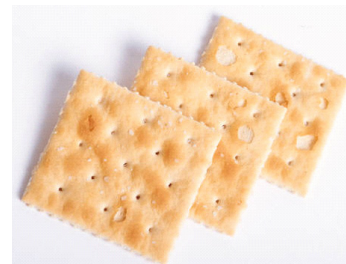
## 100-calorie snacks (Carbs)

- 8 saltine crackers
- 18 small pretzels
- 3 low-fat graham cracker squares
- 3 plain rice cakes
- 1 granola bar
- 7 reduced fat Club crackers
- 12 reduced fat Wheat Thins
- 6 reduced fat Triscuits



## Protein

- 1 cup milk (skim = 80, 1% = 100)
- 1 carton lite yogurt
- 2 pieces light string cheese
- 1 tablespoon peanut butter
- 2 slices of 2% American cheese



## Sweet Treats

- 1/2 cup sherbet (120 calories)
- Blend 1 cup skim milk with 1 cup frozen strawberries (130 calories)
- 8 reduced fat vanilla wafers and 1/2 cup low fat vanilla ice cream (230 calories)
- 3 reduced fat Oreo cookies and 1 cup skim milk (220 calories)



## 150-250 Calorie Mini-meals

- 2 tablespoons peanut butter & 5 saltine crackers (250 calories)
- 1/2 turkey & cheese sandwich & chips: 1 bread slice, 2 slices fat free turkey lunch meat, 1 cheese single & 1 oz baked potato chips (250 calories)
- 2 low fat graham cracker sheets & 1 cup skim milk (200 calories)
- 2 pieces light string cheese & 16 reduced fat Wheat Thins (230 calories)
- 2 oz. water packed tuna, 1 tablespoon light mayo, diced tomatoes on 10 reduced fat club crackers (180 calories)
- 1 small tortilla, 1 scrambled egg, 1 oz. light or 2% cheese, 2 tablespoons salsa (230 calories)
- 10 reduced fat Ritz crackers, 1/4 cup pizza sauce, 1 oz. or 1/4 cup mozzarella cheese (235 calories)
- 2 slices 2% American cheese singles & 10 reduced fat Triscuits (240 calories)
- 2 graham cracker sheets and 1 tablespoon peanut butter (215 calories)
- 1 slice thin crust cheese pizza (200 calories)
- 1 cup cereal & 1 cup skim milk (190-240 calories)
- 1 bean burrito: 1 small (8") whole wheat tortilla, 1/4 cup fat free refried beans, 2 tablespoons salsa, 1 tablespoon fat free sour cream (170 calories)
- 11 one-inch ham circles, 10 reduced-fat Ritz crackers, 2 fat free cheese singles (240 calories)
- 1/2 cup fat free refried beans, 1/4 cup salsa, 1/2 cup green pepper slices, 1/2 cup cucumber slices (180 calories)

Some reduced fat versions of foods have slightly less calories than the original version. Remember that all foods have calories. Keep in mind that snacks that are low in calories and high in volume will make you feel more satisfied. Eaten in large amounts, many snacks – even lite or reduced fat snacks – can greatly increase your caloric intake. Pay attention to portion sizes.

Think of eating 4 chocolate kisses versus a string cheese and an apple. They each have 100 calories. Which do you think would satisfy your hunger best?

## Notes:

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