

Are You Hungry Again?

Eating is something we all do! Most children eat three meals a day and most kids snack. Why do kids snack? Because kids need to refuel their body, especially when they are active - like playing games, running, walking, jumping, swinging, etc. Everything you do takes energy and eating correctly helps you make energy. Without energy - your body and your brain get tired.

A good rule of thumb with snacks though, is if you aren't hungry, don't eat and don't snack too close to meal-times. It's very important to eat your well balanced meal. It's also never good to eat food because you are bored or just watching television. Over-doing on snacks is never a good idea.

What is a healthy snack? Junk food is not healthy. Try to avoid food with high sugar or high fats in them. They will not keep you satisfied for very long. Potato



chips have lots of calories and fat and so do candy bars. Soda pops contain high levels of sugar.

Healthy snacks will give you more energy and nutrients. Let's look at some great choices. Take oranges for instance. They will give you quick energy as you eat it and vitamin C for later. Whole grains such as breads and muffins will make you feel full longer.

Here's some healthy snack choices:

- Fresh fruit such as apples, bananas, grapes, oranges, strawberries, blueberries, melons, etc.
- Dried fruits, including raisins and prunes.
- Fruit cups or canned fruit in water, 100% fruit juice
- Raw vegetables - including carrots, celery, broccoli, cauliflower that can be served with a low-fat dip or dressing.
- Dairy products such as low-fat cheese, yogurt, pudding or a homemade fruit smoothie.
- Whole grain snacks. These can include some breakfast cereals, crackers, cereal bars, baked chips, popcorn (without added butter) or pretzels.
- Popsicles made with 100% fruit juice.

