



# SNACKING SUCCESS!

START WITH A  
FRUIT OR  
VEGETABLE

ADD AT LEAST ONE  
MORE FOOD GROUP  
INCLUDING DAIRY, PROTEIN  
OR WHOLE GRAINS

HEALTHY  
SNACK  
EXAMPLES



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**NUTRITION  
IN A BOX**

DEVELOPED AT THE  
OHSU BOB AND CHARLEE MOORE  
INSTITUTE FOR NUTRITION & WELLNESS





# SNACKING SUCCESS!

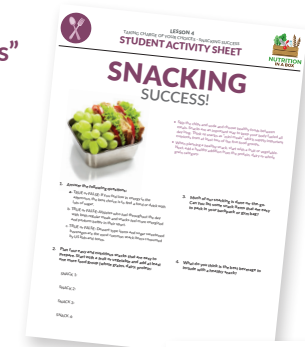
HERE'S WHAT TO DO AT THIS STATION:

- 1** Use the Nutrition In A Box Food Photo cards to plan a snack that meets the following criteria:
  - A. Start with a fruit or vegetable
  - B. Add at least one more food group, including dairy, protein or whole grains

## HEALTHY SNACK EXAMPLES:

- Apple slices, cheese quesadilla on whole-wheat tortilla
- Veggie strips and hummus
- Half of a ham sandwich and grapes
- Small yogurt parfait with berries and granola
- Banana dipped in peanut butter
- Sunflower seeds and orange slices

- 2** Complete the “Snacking Success” student activity sheet.



- 3** Stock your kitchen with healthy snack choices. Share this handout with your family this week.





LESSON 4  
TAKING CHARGE OF YOUR CHOICES - SNACKING SUCCESS  
**STUDENT ACTIVITY SHEET**



# SNACKING SUCCESS!



- Skip the chips and soda and choose healthy foods between meals. Snacks are an important way to keep your body fueled all day long. Think of snacks as “mini meals” which supply important nutrients from at least two of the five food groups.
- When planning a healthy snack, start with a fruit or vegetable. Next, add a healthy addition from the protein, dairy or whole grain category.

**1. Answer the following questions:**

- a. TRUE or FALSE: If you feel low in energy in the afternoon, the best choice is to find a food or drink with lots of sugar.
- b. TRUE or FALSE: Athletes who fuel throughout the day with both regular meals and snacks feel more energized and perform better in their sport.
- c. TRUE or FALSE: Dessert-type items and sugar sweetened beverages are the most common snack items consumed by U.S. kids and teens.

**2. Plan four easy and nutritious snacks that are easy to prepare. Start with a fruit or vegetable and add at least one more food group (whole grains, dairy, protein):**

SNACK 1:

SNACK 2:

SNACK 3:

SNACK 4:

**3. Much of our snacking is done on-the-go. Can you list some healthy snack items that are easy to pack in your backpack or gym bag?**

**4. What do you think is the best beverage to include with a healthy snack?**



LESSON 4  
TAKING CHARGE OF YOUR CHOICES - SNACKING SUCCESS  
**STUDENT ACTIVITY SHEET**  
Answer Key



# SNACKING SUCCESS!



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2. Plan four easy and nutritious snacks that are easy to prepare. Start with a fruit or vegetable and add at least one more food group (whole grains, dairy, protein):  
Many possibilities based on student preferences

SNACK 1:

SNACK 2:

SNACK 3:

SNACK 4:

3. Much of our snacking is done on-the-go. Can you list some healthy snack items that are easy to pack in your backpack or gym bag?

nuts, seeds, trail mix, oranges, whole grain crackers, nut butters, etc. (answers will vary according to student preferences)

4. What do you think is the best beverage to include with a healthy snack?

Water or Milk



LESSON 4  
TAKING CHARGE OF YOUR CHOICES – SNACKING SUCCESS  
**FAMILY RESOURCE SHEET**



# STOCK YOUR KITCHEN FOR HEALTHY SNACKING

## CHOOSING HEALTHY SNACKS

Snacking can contribute important nutrients to the diet but studies show that snacks are most often a source of junk food and sweet drinks. Desserts and sugar sweetened beverages are the major sources of calories from snacks.

The best snack for most kids and teens includes a protein source and a fruit or vegetable. Refined grain-based snacks such as chips, pretzels and crackers are often eaten to excess and leave kids hungry within a short time.

The list below provides ideas for stocking a healthier kitchen. Suggested serving sizes are included for some of the higher calorie items. For the child or teen who is active, he or she may need more than one serving of these foods.

### Counter:

- Bowl of fresh fruit
- Grape tomatoes
- Avocados
- Whole grain bread

### Freezer:

- Washed, frozen fruit to snack on (e.g. grapes, blueberries)
- Frozen fruit or vegetables for use in smoothies

### Refrigerator:

- Air-tight containers filled with cleaned, cut-up vegetables such as snap peas, broccoli florets, cucumber slices, sweet pepper slices, carrot sticks, celery, radishes, baby squash, etc.
- Nutrient-rich dips for dipping vegetables (e.g., Greek yogurt/cucumber dip, hummus, cottage cheese mixed with herbs, guacamole, fresh salsa) - *suggested serving size is ¼ cup*
- Air-tight containers filled with washed fruit such as grapes, melon balls, berries, kiwi chunks, pineapple, etc.
- Edamame (fresh soybeans)
- Hard boiled eggs
- Yogurt - plain or if flavored, look for brands that have 12 grams of sugar or less per serving
- Cheese sticks and slices - *suggested serving size is 1 ½ ounce*
- Milk
- Chilled water (add cucumber slices, citrus wedges, or raspberries to infuse a fresh taste)

### Pantry:

- Canned food, such as no-sugar-added fruits (e.g. pineapple chunks, mandarin oranges, applesauce), refried beans, tuna, sardines, canned salmon, lower sodium vegetable soups
- Nuts (e.g. almonds, walnuts, pistachios, peanuts, pecans, etc.) - *suggested serving size is 2 Tablespoons*
- Seeds (e.g. shelled sunflower, pumpkin, hemp) - *suggested serving size is 2 Tablespoons*
- Nut and seed butters (e.g. peanut, almond, sunflower seed butter) - *suggested serving size is 2 Tablespoons*
- Dried fruit with no sugar added such as raisins, figs, mango slices, apricot halves, etc. - *suggested serving size is ¼ cup*
- Trail Mix (or make your own using nuts/seeds and dried fruit) - *suggested serving size is ¼ cup*
- 100% whole grain crackers or pita chips - *suggested serving size is 1 ounce serving (check the label)*
- Popcorn (best if air popped or prepared with a small amount of oil)
- Nutrient dense bars - Look for bars that contain whole ingredients such as whole grains (oats, wheat, brown rice, etc.) nuts, seeds and fruits. An ideal bar for a snack contains at least 9 grams of protein while providing 12 or fewer grams of sugar.
- Whole grain, low sugar cereals (look for cereals that have less than 6 grams of sugar and at least 3 grams of fiber per serving)
- Oatmeal
- Whole grain mini-bagels, whole wheat pita bread, whole grain tortillas (e.g. whole corn, whole wheat) - *suggested serving size is 1 mini-bagel, ½ of a pita or 1 tortilla*
- Single serve packages of veggie chips or limit to a 1 ounce serving. Better yet, make your own healthier version of kale, beet, sweet potato and other chips.

### Reference:

1. Trends in Snacking Among U.S. Children. (2010). Health Affairs (Project Hope), 29(3), 398–404.  
<http://doi.org/10.1377/hlthaff.2009.0666>

