

Healthy Snacks

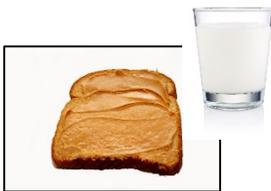
Snacks are foods that are eaten between meals. Snacks help give you energy during the day. Snacks help keep you from getting too hungry. Some children eat snacks before lunch. Some children eat snacks before dinner. The food you eat for a snack is very important. Healthy snacks will help your body the most.

Not all foods are healthy foods. Only foods from the five food groups are healthy foods. Some foods that are fun to eat do not help your body. They are called “extra” foods. “Extra” foods do not have the important nutrients your body needs to be healthy. A healthy body is strong. A healthy body has energy to run, play, and do things. A healthy body doesn’t get sick very often.

Food Groups

1. Dairy
2. Vegetables
3. Fruits
4. Grains
5. Protein

Children need to eat food from all five food groups every day. Each food group has the important nutrients growing bodies need. Healthy meals have food-group foods. Healthy snacks should be chosen from the food groups, too. Here are some healthy snack ideas to try.



Peanut butter on whole-wheat bread with a glass of milk



Yogurt and fruit



Apples and cheese