



Nourishing the Next Generation

Practical advice for caring for your young ones with food, fun and love

For more support, contact your local extension office.

The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777.

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Be Smart with Healthy Snacks

Most children, teens and grandparents benefit by eating four to five times a day. Snacks can help us get the nutrients we need.

Choosing nutritious foods and beverages as snacks is important. A snack should provide essential nutrients, but not contain lots of saturated fat, added sugar or sodium. Healthy snack ideas include fruits, vegetables, whole grains, dairy and protein foods. Try to serve snacks that have two food groups, such as sliced fruit with 1% milk, or avocados with dry cereal.

Your grandchild is more likely to eat healthy meals and try new foods if snacks are offered at least one to two hours before mealtime. If your grandchild says he or she is hungry, offer a small healthy snack.





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Getting the Benefits of Breakfast

Are you rushed in the morning? Packing a breakfast-to-go can be an easy meal solution that usually is less expensive and more nutritious (and many times faster) than foods purchased from a vending machine or a restaurant. Consider packing it in the evening, then putting it into the refrigerator, so it's cold and ready to grab!

For a very quick meal in the morning for each member of your family, choose a **FRUIT** (such as a fresh pear or banana, raisins or other dried fruit, or 100% juice); a **DAIRY** food (such as a cup of yogurt, a glass of milk or a cheese stick); a **PROTEIN** food (such as a peeled hard-boiled egg, nuts, or peanut butter on a spoon), and a **WHOLE GRAIN** food (such as a whole wheat mini bagel, bread, or ready-to-eat cereal). If desired, add a **VEGETABLE** (such as low-salt tomato juice, cherry tomatoes, carrots or celery sticks).

Health experts recommend reducing the amount of sweetened beverages that you and your family drink. Drink water, fat-free or low-fat (1%) milk, low-sodium vegetable juices, and 100% fruit juices more often, instead.

Enjoy the benefits of eating a healthful breakfast every day!



Try These Fun Snacks:

"Making meals and memories together"

Encourage your youngsters to play with their food!

- * Fruit kabobs: Together, thread fruit chunks onto skewers or thin straws. Drizzle with flavored low-fat yogurt.
- * Dip sliced vegetable sticks or wedges into peanut butter.
- * Make funny faces by arranging various shapes and colors of ready-to-eat fruits and vegetables on a whole wheat tortilla. Then roll it up and eat it.

Banana or Blueberry Blast Smoothie

Ingredients:

- 1/2 cup fat-free or low-fat (1%) milk
- 1/2 cup non-fat or low-fat plain yogurt
- 1 cup frozen banana slices, frozen blueberries, or other unsweetened frozen fruit
- 1 teaspoon sugar

Directions:

1. Put all ingredients in blender.
2. Blend until smooth.

Makes 1 serving



Nutrition Facts: Calories 190; Fat 1g; Carbohydrate 39g; Protein 11g