

Super Easy Snacks!

Use these easy, fun tips to help you eat a colorful variety of fruits and vegetables every day!

- ▶ Try hummus and whole-wheat pitas
- ▶ Dip whole-wheat/multi-grain pretzels in hummus or bean dips
- ▶ Offer chunky or sliced fruits to dip into low-fat yogurt with toothpicks
- ▶ Try baked tortilla chips with black bean and corn salsa
- ▶ Use bags of dried fruit for a convenient snack
- ▶ Drink smoothies made with whole fruit, ice cubes, and low-fat yogurt
- ▶ Top a cup of low-fat yogurt with fresh fruit slices

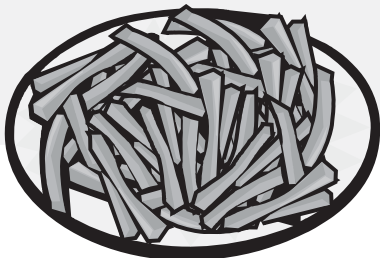


Caution: When offering foods to young children, be aware of choking hazards such as nuts, popcorn, raw vegetables, and hot dogs; do not give these to infants. Closely supervise young children when they eat.

Easy Snack Recipes:

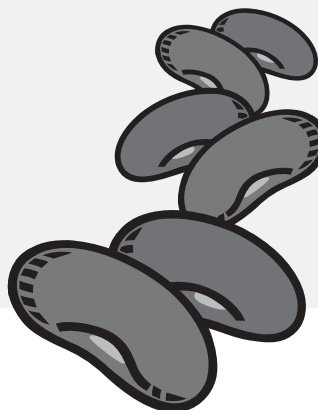
Sweet Potato Fries

1. Preheat oven to 425°.
2. Cut uncooked sweet potatoes into thin slices.
3. Dip slices in a mixture of egg substitute and nutmeg.
4. Spray a baking pan lightly with cooking spray. Arrange slices in a single layer on the baking pan.
5. Bake for 20 minutes or until slices are tender.



Bean Quesadillas

1. Spread low-fat cheese and low-fat refried beans between two tortillas.
2. Lightly brown on both side in a pan or toaster oven until cheese melts.



Make Ahead Salads

1. Chop up some cucumbers, tomatoes, bell peppers, and onions.
2. Lightly toss with low calorie version of a salad dressing such as Italian or vinaigrette.
3. Store in the refrigerator in container with lid.

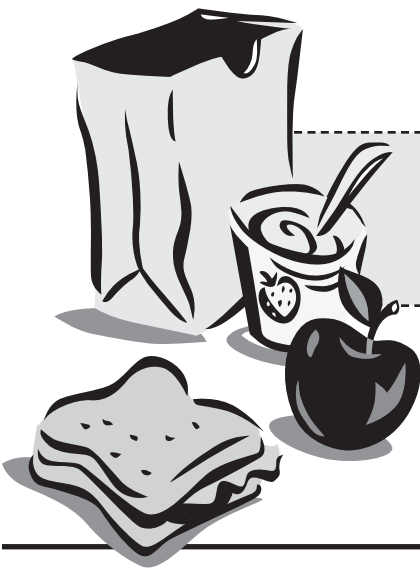


Important Elements – Smell, Texture, and Color

Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them. It may be more appealing to a child if the fruits or vegetables are served raw.

Try offering different textures of fruits and vegetables to your children. Some children prefer smooth food, whereas others like lumpy, and some children like crisp foods, but others like soft.

Offer new fruits and vegetables in combination with old favorites to show your child a variety of smells, textures, and colors. Various vegetables can be added to any whole-grain pasta dish or pizza, and fruit is a great topping for low-fat or fat-free yogurt.



Seeing is believing: Model healthy eating habits to kids by eating fruits and vegetables often (as well as other healthy choices!). Kids tend to follow the actions of adults.

References: Center for Disease Control and Prevention, Fruits and Veggies Matter, Retrieved July 23, 2008
www.fruitsandveggiesmatter.gov

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