



A Pyramid of Snacks

For good health and proper growth, children need to eat a variety of different foods every day. Use the food guide pyramid as a guide for making food choices for a healthful diet. The foods you offer each day should include choices from all five major food groups. Help children build a healthy diet by serving these "pyramid" foods.

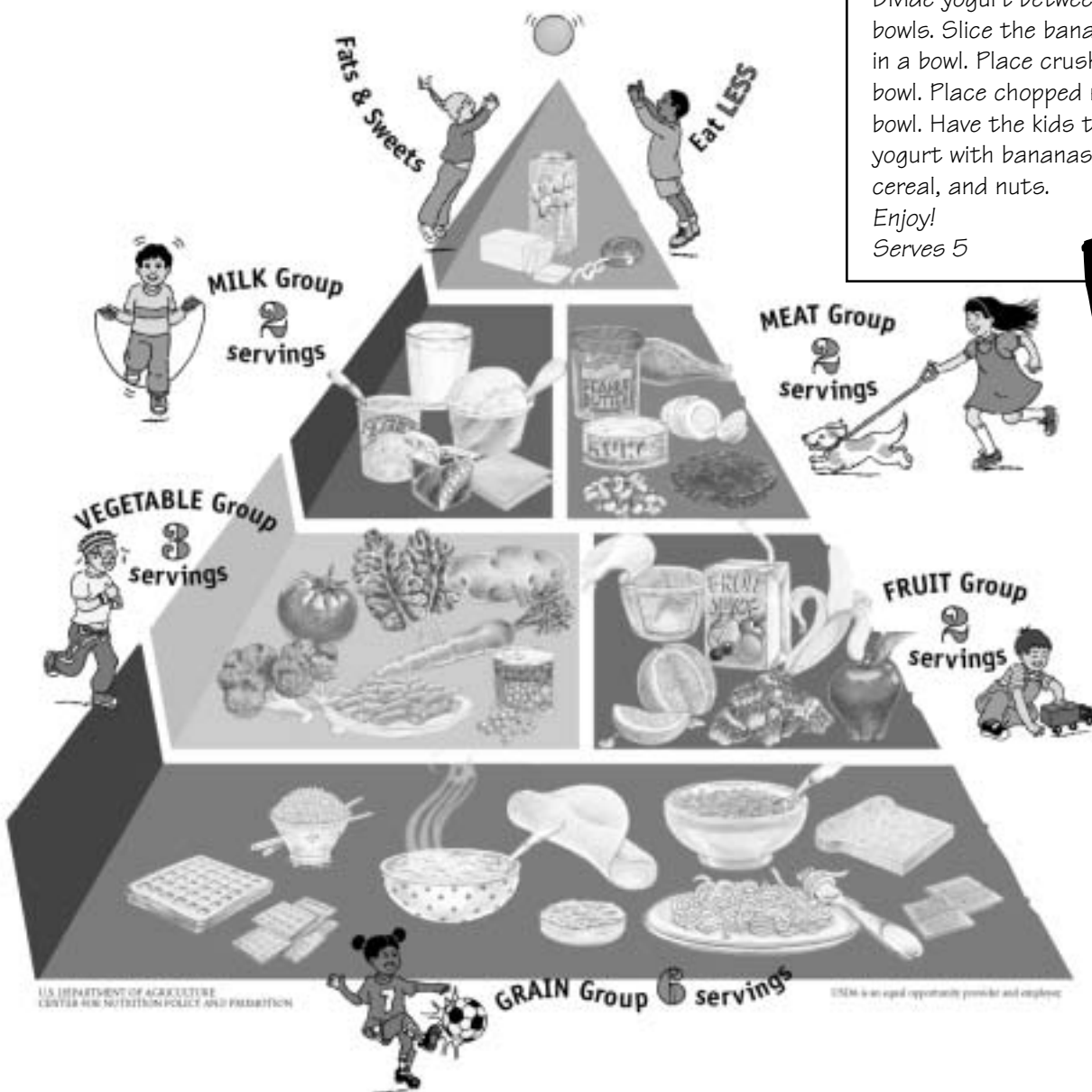
PYRAMID YOGURT SUNDAE

- 2½ cups nonfat vanilla flavored yogurt
- 3 bananas
- ½ cup coarsely crushed cereal
- ½ cup chopped nuts*

Divide yogurt between five serving bowls. Slice the bananas and place in a bowl. Place crushed cereal in a bowl. Place chopped nuts in a bowl. Have the kids top their yogurt with bananas, cereal, and nuts.
Enjoy!
Serves 5



*May cause choking in children under the age of 3.



APPLE TUNA PYRAMID POCKET

12 ounces tuna in water, drained
3 small apples, chopped
 $\frac{3}{4}$ cup low-fat vanilla yogurt
3 teaspoons prepared mustard
5 pita pocket rounds, cut in half
10 lettuce leaves

Combine tuna, apple, yogurt, and mustard. Fill pita pockets with one lettuce leaf and tuna mixture.

Makes 10 servings

PYRAMID ROLL-UPS

This is a fun snack or lunch for kids to make. It has food from all of the food groups.

For each tortilla you will need:

1 8-inch tortilla
1–2 ounces thin sliced turkey
or ham
2 Tablespoons shredded cheese
 $\frac{1}{2}$ cup shredded lettuce
1 Tablespoon raisins
Low-fat mayonnaise, cream
cheese, or margarine

Give each child a tortilla. Have them spread with mayonnaise, margarine, or cream cheese. Then layer on the turkey or ham, cheese, lettuce, and raisins. Roll up and enjoy.

This sandwich could also be made using a slice of bread or an English muffin.

Or, try another pyramid roll-up using different ingredients:

1 Tablespoon peanut butter
2 Tablespoons raisins
2 Tablespoons grated carrot (about 1 medium carrot)
2 Tablespoons vanilla yogurt

PYRAMID KABOBS

This is a fun snack or lunch for kids to make. It has food from all of the food groups.

$\frac{1}{4}$ loaf French bread
 $\frac{1}{4}$ pound Swiss cheese
 $\frac{1}{4}$ pound lean cooked ham
1 green pepper
 $\frac{1}{2}$ of whole cantaloupe

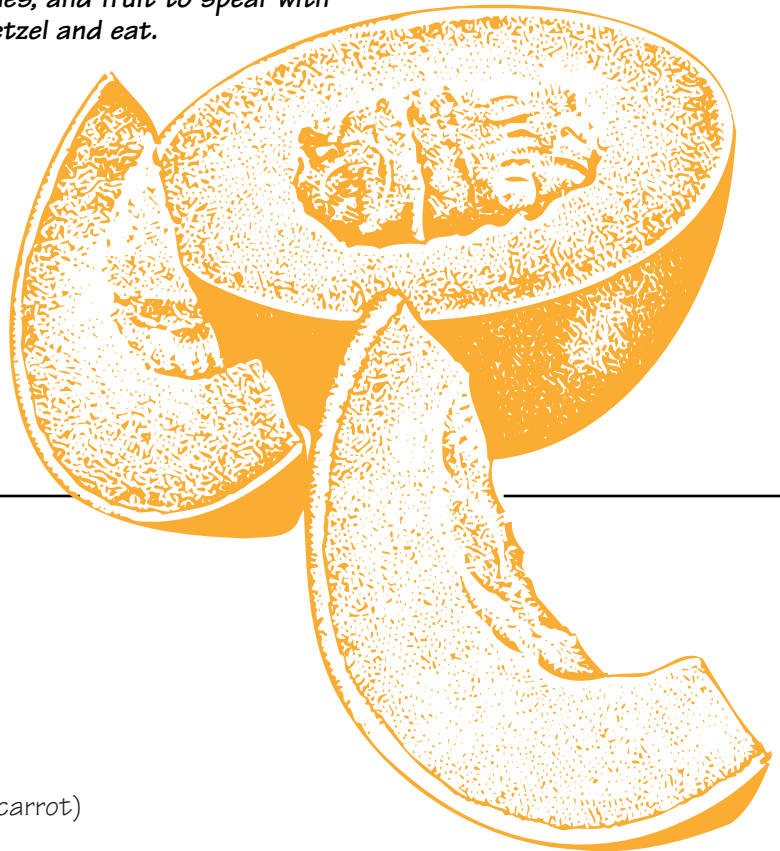
Cut bread into chunks. Cut cheese and ham into cubes. Cut pepper into short strips. Cut cantaloupe into cubes or make melon balls. Assemble the foods on wooden skewers*.

Makes 4 kabobs

***Wooden skewers may not be safe for younger children. Give them soft meats, cheese, vegetables, and fruit to spear with a pretzel and eat.**

You can choose other ingredients from each part of the food guide pyramid:

- **Meat:** cooked chicken, lean roast beef, or turkey
- **Milk:** try different cheeses
- **Vegetables:** tomato wedges or cherry tomatoes, cucumber, broccoli or cauliflower pieces
- **Fruit:** strawberries, orange sections, banana chunks, pineapple chunks, grapes
- **Bread:** bagel, pita, cut into pieces



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