



# Fit For Life: A Family Approach Snacks and Eating Out

By Kathleen M. Stadler and Joan C. Elledge\*

Fit For Life: A Family Approach is a nutrition series for families. The information, challenges, games, puzzles, and food preparation suggestions are designed to encourage you and your family to discuss daily habits that promote good health.

Read the publication, solve the puzzles, and play the Table Talk Challenge with your family. Become a "Fit for Life Family!" and meet the Virginia Cooperative Extension's challenge!

- 🍏 Eat a Variety of Fruits, Vegetables, and Whole-Grain Foods
- 🍏 Eat 2 Servings of Calcium Rich Foods
- 🍏 Daily Physical Activity
- 🍏 Handle Food Safely

Your challenge is to help your family make healthy and smart food choices for snacks.

## KEY POINTS for Adults

Encourage children to vary their snack choices. Foods from different food groups supply different nutrients children need to grow and feel their best.

Help children choose an appropriate number of servings from each food group.

Pay attention to the snack portion of sizes so children get the nutrients and energy they need while not getting too much fat, saturated fat, and sodium.

Keep clean, raw vegetables handy in refrigerator with low fat dressing for a tasty dip.

In the supermarket, allow children to select a "new to them" vegetable or fruit.

### Food Guide Pyramid

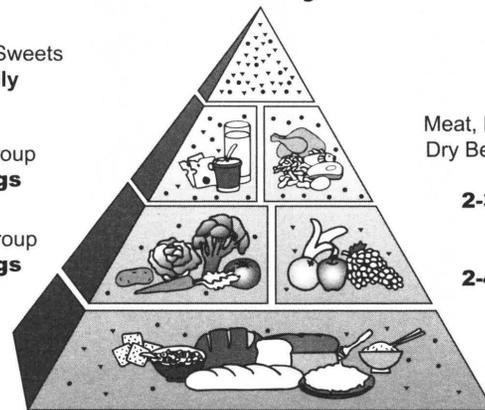
Fats, Oils & Sweets  
**Use Sparingly**

Milk, Yogurt  
& Cheese Group  
**2-3 Servings**

Vegetable Group  
**3-5 Servings**

Meat, Poultry, Fish,  
Dry Beans, Eggs &  
Nuts Group  
**2-3 Servings**

Fruit Group  
**2-4 Servings**



Bread, Cereal, Rice & Pasta Group  
**6-11 Servings**

### Food Guide Pyramid for Young Children Ages 2-6

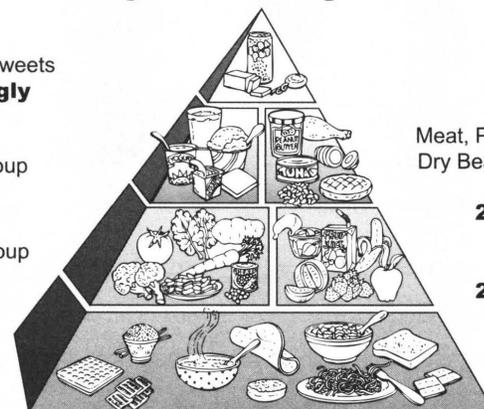
Fats, Oils & Sweets  
**Use Sparingly**

Milk, Yogurt  
& Cheese Group  
**2 Servings**

Vegetable Group  
**3 Servings**

Meat, Poultry, Fish,  
Dry Beans, Eggs &  
Nuts Group  
**2 Servings**

Fruit Group  
**2 Servings**



Bread, Cereal, Rice & Pasta Group  
**6 Servings**

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# Sizing Up Pyramid Snack Servings

Food Group	Serving Sizes for 2- to 3- Year-Olds	Serving Sizes for 4-Year-Olds and Up
Bread, Cereal, Rice and Pasta Group	3-4 medium crackers 1/3 bagel 1/2 cup ready-to-eat cereal 2/3 oz. Graham snacks 2/3 cereal bar	5-6 medium crackers 1/2 bagel 1/4 cup read-to-eat cereal 1 oz graham snacks 1 cereal bar
Vegetable Group	1/3 cup raw or lightly-steamed vegetables 1/2 cup vegetable juice	1/2 cup raw or lightly-steamed vegetables 3/4 cup vegetable juice
Fruit Group	2/3 medium-size fresh fruit 1/3 cup small pieces or cut up fruit+ 1/2 cup fruit juice 2 tablespoons dried fruit	1 medium-size fresh fruit 1/2 cup small pieces or cut up fruit+ 3/4 cup fruit juice 1/2 cup dried fruit
Milk Group	1 cup milk or yogurt 1 1/2 oz. natural cheese 2 oz. process cheese	1 cup milk or yogurt 1 1/2 oz. natural cheese 2 oz. process cheese
Meat, fish, poultry, dry beans, eggs, and nuts group	1 1/3 - 2 oz. cooked meat, poultry or fish 1/3 cup cooked dry beans 1 - 1 1/2 tablespoon peanut butter (spread thin)	2 - 3 oz. cooked meat, poultry or fish 1/2 cup cooked dry beans 2 tablespoon peanut butter* 1/3 cup nuts or - cup seeds*

Young children need the same variety of foods as older children but may need fewer calories. Offer smaller serving sizes, but provide 2 servings from the Milk Group daily. If you are not sure what's right for your child, check with a physician or dietitian.

+ Foods such as grapes, carrots or nuts should be chopped into small pieces for children under four years of age.

\* Each of these counts as 1 oz. meat.



## Smart Snacks

Circle these smart snacks hidden in the puzzle.

BROCCOLI CARROTS CHEESE TUNA  
CRACKERS GRAPES PRETZELS

C D O E L G C S C P  
V B R X R A R E V R  
I C F A R E F Y Q E  
Y C P R K A C V R T  
N E O C M Z N H L Z  
S T A R V Z E U I E  
S R O Z V R T Q T L  
C B R O C C O L I S  
B H E W E X W N G R  
P E S E E H C K V S

## Three Food Group Snack

1 cup fat-free cottage cheese    2 tablespoons orange juice  
3 tablespoons honey\*            small crackers  
1 cup (10 oz) frozen berries (raspberries, strawberries)

Wash your hands before you begin.

Blend cottage cheese, berries, honey and juice in electric blender until smooth. Refrigerate until serving time.

Serve chilled as dip with crackers.

\* Caution: DO NOT serve honey to children under one year. Honey may contain small amount of bacteria spores than can be harmful to infants.

## Tips for eating out:

A healthy diet is made up mostly of foods like bread, potatoes, pasta and rice with plenty of salad, vegetables and fruit. Your meals should contain plenty of these foods so you can begin making healthy choices

All bread, especially whole grain, is good for you. Don't forget that bagels are a lower fat choice than most muffins.

The amount of fat a burger contains partly depends on how it is cooked. Grilled burgers can be quite lean, but burgers fried on a griddle will contain more fat.

There are plenty of sandwich fillings that are healthy choices: lean meats like beef, pork, turkey, chicken, and tuna. Good vegetable choices include humus made from chickpeas, or curry flavored bean pastes.

Potatoes are an excellent source of carbohydrate and vitamin C and, if eaten with the skin, are a good source of fiber. Choose toppings like sour cream or cheese as a treat instead of butter.

Foods containing fat and foods containing sugar can be part of a healthy diet, but only if you eat them in relatively small amounts. So watch out for butter, spreads, sauces, and mayonnaise. A lot of the fat in sandwiches comes from butter, margarine, mayonnaise, or oil based dressing. Ask for relishes, mustard or an extra slice of tomato.

Pizzas and pastas can be healthy choices. Thick crust pizzas may be a healthier choice than thin crusts. They are more filling so you could eat proportionally more crust and less fat topping such as cheese.

Pasta has a reputation for being high fat, but it isn't the pasta—it is the cream and butter filled sauces that are high fat. A simple tomato sauce is a traditional low-fat pasta topping. For a healthy option add or ask for vegetables to be added.

Select french-fries as a special treat only occasionally. Their high fat content moves them from the vegetable category to the top of the pyramid in the Other Group.

Any coated and deep fried food will be relatively high in fat.

If chicken is your choice, remove the skin before eating. Skinless chicken is a healthier choice than coated, deep-fried. The best option is usually grilled skinless chicken served on a bun.

## Healthy Portable Snacks:

baby carrots

cut-up celery

cucumber spears

fresh fruit

dried fruit

rice cakes

string cheese

individually wrapped cheese

cans of tuna

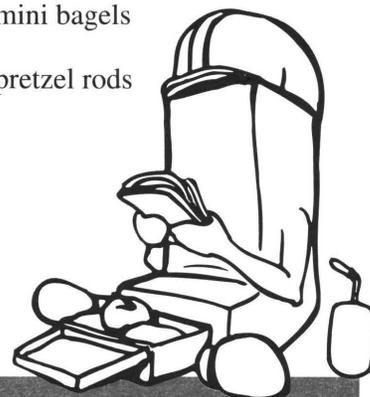
individual sandwich bags or small boxes of dried cereal

individual sandwich bags of animal or graham crackers

granola or cereal grain bars

mini bagels

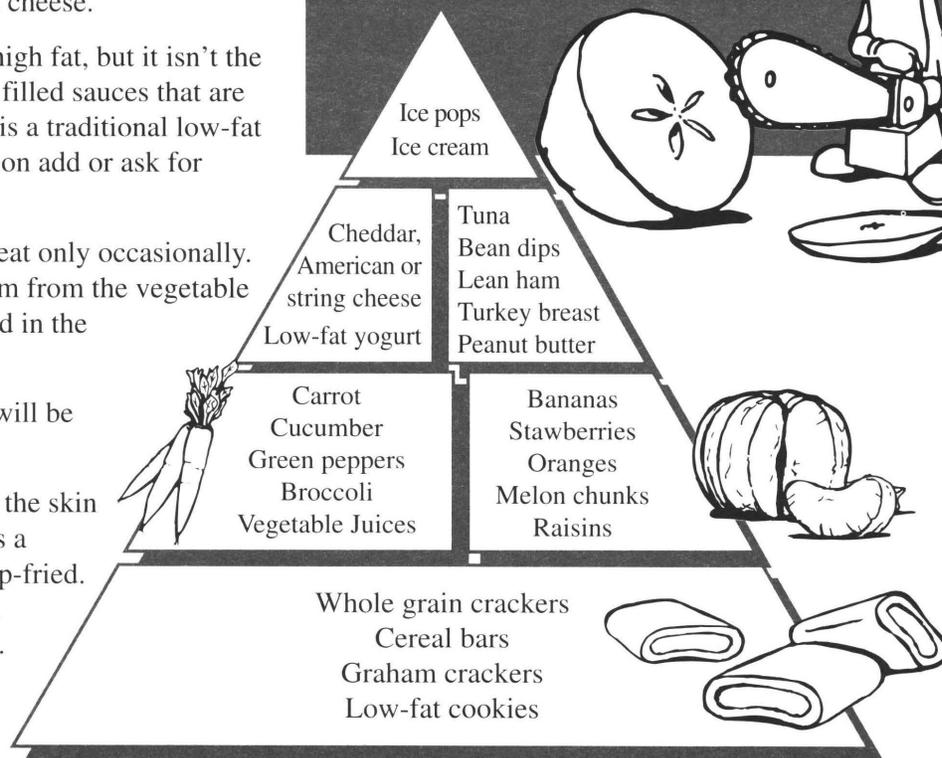
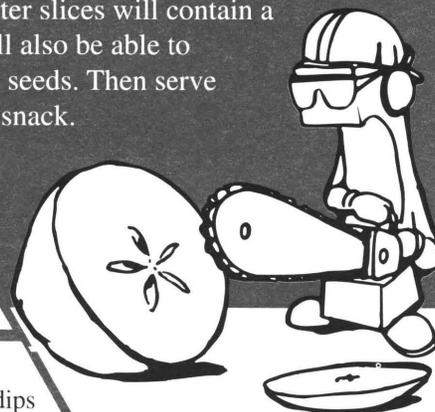
pretzel rods



## Look for the Stars

Before cutting an apple have a guessing game "How many seeds are in the apple?"

Try cutting the apple by placing it on the side and cut slices beginning at one end. Slowly make slices and look for a star to begin to appear. The center slices will contain a star and you will also be able to easily count the seeds. Then serve apple circle for snack.



# Table Talk Challenge

## Game Rules:

1. 2-3 players
2. The youngest person takes the first turn
3. Select a dried bean, uncooked macaroni, or a nut as a game piece for each player.
4. Use the list of questions letting the child answer then the adult.
5. Follow instructions written on the game board
6. The first player to reach or get the closest to the "Healthy Family" square is the winner.



## Game moves:

- 🍏 You ate a vegetable for a snack - move 1 space forward
- 🍏 Did you read a nutrition label today? - If yes, move 1 space forward
- 🍏 You ate something for breakfast - move 1 space
- 🍏 You did not have time to eat breakfast - no move
- 🍏 You ate a candy bar and a soda for snack - go back 2 spaces
- 🍏 You ate a dairy product for breakfast - move 2 spaces forward
- 🍏 Did you get 7-8 hours of rest last night? - If yes, move 1 space forward
- 🍏 You ate a grain product for breakfast- move 2 spaces forward
- 🍏 You got up early enough to eat breakfast - move 2 spaces forward
- 🍏 You ate cereal with milk - move 3 spaces forward
- 🍏 You ate fruit for a snack - move 1 space forward
- 🍏 Did you wash the fruit before eating it? - If yes, move 1 space forward
- 🍏 You ate breakfast every morning for the past 3 days - move 5 spaces forward
- 🍏 Did you choose a vitamin C rich food today? - If yes, move 1 space forward.
- 🍏 You ate dried fruit for a snack.
- 🍏 You brushed your teeth after eating a snack - Move 2 spaces forward
- 🍏 You ate a low fat dairy food for snack
- 🍏 Did you drink water today? Move 1 space if you drank 4 glasses or move 2 spaces if you drank more than 2 glasses of water.
- 🍏 Did you wash your hands before eating? If yes, move 1 space.
- 🍏 Did you take a walk or do other physical exercise for 15 to 20 minutes today? If yes, move 1 space.

