



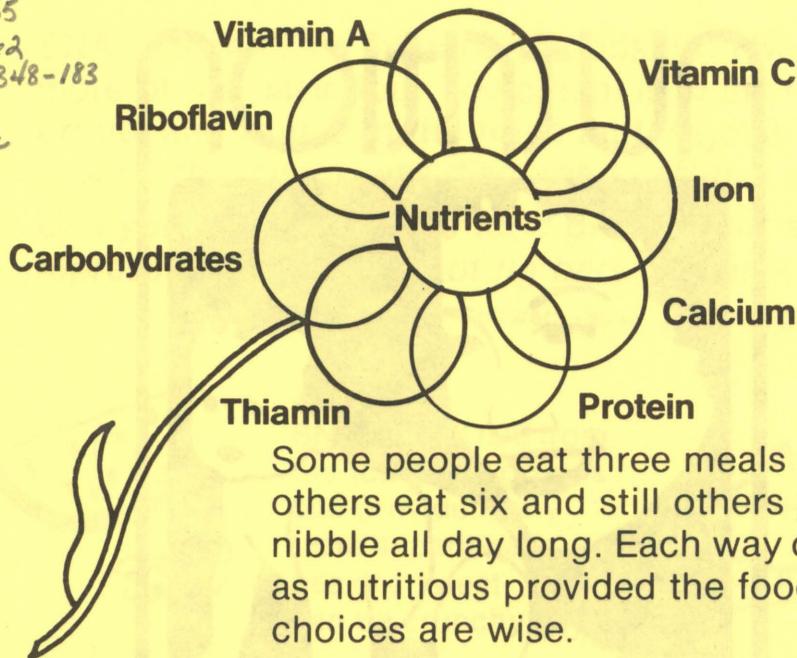
# **SNACKS:** **DELICIOUS and NUTRITIOUS**

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Some people eat three meals a day, others eat six and still others just nibble all day long. Each way can be as nutritious provided the food choices are wise.

**WISE FOOD CHOICES** are those foods that contain the nutrients your body needs to be healthy without harming your body. Foods that fall into the four food groups are examples of wise food choices.



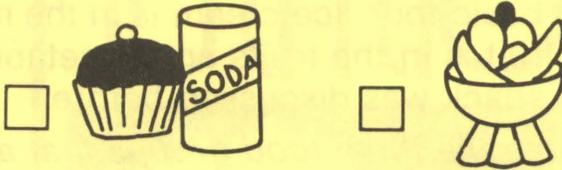
**EMPTY CALORIE FOODS** are foods that don't provide many nutrients but do add lots of calories, something we don't need too many of. Some empty calorie or "junk foods" are soda, candy, gum, chips, and cakes.



It's probably o.k. to eat empty calorie foods once in a while. But if you eat empty calorie foods too often, your body won't get the nutrients it needs and you may gain unwanted pounds.



## Which snack do you think is more nutritious?



Cupcake, Soda or Ice cream, Fruit

*The ice cream provides protein and calcium, and fruit has minerals and vitamins. The cupcake and soda have few nutrients and lots of sugar.*

**YOUNG CHILDREN** have small appetites. Snacks can be an important way to eat the many nutrients your child needs to be healthy.

**SOME PREGNANT WOMEN** have trouble eating three large meals; then snacking can help provide the needed nutrients. A candy bar is not going to provide the needed calcium or protein. Try cheese and crackers.



**SUGAR** is a “bad guy” because it can contribute to tooth decay and also adds on many calories in a small amount of food.

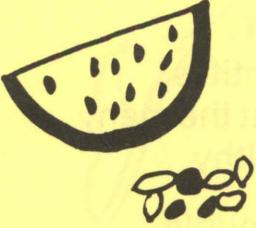
**NUTRITIOUS SNACKS** can easily be chosen from the four food groups. Here are some suggestions. Write down other snacks from each group.

HIGH PROTEIN	MILK	FRUITS VEGETABLES	BREADS CEREALS
peanuts chicken leg hard cooked egg	cheese cube pudding milk shake	raw carrot fruit salad raisins	crackers dry cereal popcorn

**SNACKS** can be a mixture of foods from two or more of the basic four. Ice cream is in the milk group, and fruit is in the fruits and vegetables group—this snack was discussed before.

*Can you name the three food groups that are represented in a snack of fig bars and milk?*

**Answer:** (Bread, fruit, milk)



**SNACK FOODS** from the four food groups can provide many taste experiences besides sweet. They can be crunchy, *soft*, salty, spicy, cold, or hot.



**Are your snacks nutritious or empty calorie foods? Choose wisely from the many delicious and nutritious snacks available.**

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