

LD
5655
A761
M1154
no. 70
Spic

SNACKS

Snacks are associated with happiness, fun, and good times. Eating between meals can be a good thing. Snacks can add needed nutrients such as protein, calcium, and vitamin C. But some add only calories.

Plan snacks as a part of the day's food intake.

Fun foods are found in each of the Four Food Groups. For example, carrot sticks, orange sections, an apple, or tomato juice from the Vegetable-Fruit group; graham crackers, toasted bread sticks, or a bowl of cereal from the Bread-Cereal group; a hard-cooked egg, peanut butter, a chicken leg, or a hamburger from the Meat group; milk--plain or flavored, ice cream, or cheese from the Milk group.

Sweet snacks may spoil the appetite for the meal which follows. They also contribute to tooth decay.

High calorie snack items like candies and soft drinks are all right if they do not replace protective foods and if the added calories do not contribute to a weight problem.

Some snacks include foods from several groups--pizza, or a hamburger on bun with lettuce and tomato, or a dip served with fresh vegetables.

Cackleberry Dunk

2 cups cottage cheese	$\frac{1}{4}$ teaspoon pepper
2 hard cooked eggs, finely chopped	$\frac{1}{4}$ teaspoon chili powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup catsup

Mix all ingredients together. For a smoother dip, put in a blender for a few seconds or press through a seive. Serve in a small bowl or cup surrounded by strips of raw carrot, green pepper, celery, or turnips, cauliflowerets, radishes, green onions, crackers, or strips of toast.

MF-70

4/75

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. W. E. Skelton, Dean, Extension Division, Cooperative Extension Service, Virginia Polytechnic Institute and State University, Blacksburg, Virginia 24061.

The Virginia Cooperative Extension Service by law and purpose is dedicated to serve all people on an equal and nondiscriminatory basis.
An Equal Opportunity/Affirmative Action Employer

For more information contact: