

## *Enjoy sweet treats - but eat LESS of them!*



### *Nutrition Know-How*

- Limit the amount of food and drink with added sugar your kids eat every day. If you don't buy them, your kids won't get them very often.
- Most added sugars come from cookies, candy, ice cream, cake, non-100% fruit juice, soda, and sports drinks.
- Try not to reward your little one with food — this teaches your child that some foods are better than others.



#### *Other rewards to help them feel special:*

*Praise from their favorite person - you!*

*Big Hugs • Stickers • Stamps • Trip to the library*

For a big reward, set aside a special time together – eat breakfast or lunch with them at school, go for a walk with just the two of you, or play a game together.

### *Kitchen Ideas*

- It's okay to have dessert sometimes — just serve smaller portions.
- Show kids that a small amount of treats can go a long way by using smaller bowls and plates for these foods or having them share a candy bar or split a large cupcake.
- “Treats” are not everyday foods. Limit sweet treats to special occasions.



## Physical Fun



- For special occasions, try to place the focus on activities (games, the park, sports) instead of cake or another sweet treat.
- Kids like sugary foods because they are marketed to be fun, so make your own fun and nutritious foods with your kids instead and get creative together.

## Recipes Rule

*Make this smoothie with your kids for a sweet treat that's fun and healthy!*

### Berry Purple Smoothie

#### Ingredients:

20 ounces pineapple chunks in juice, undrained  
2 cups blueberries, frozen  
1 ½ cups ice cubes  
6 ounces yogurt with fruit, nonfat

#### Equipment Needed:

Blender  
Measuring Cup  
Spatula  
Number of Servings: 4  
Prep Time: 5 minutes  
Total time: 5 minutes

#### Directions:

In a blender, combine all ingredients and process until smooth. Serve immediately or cover and refrigerate until ready.



*For tips visit us at:*



[www.movemore.ext.vt.edu](http://www.movemore.ext.vt.edu)



[www.facebook.com/vafnp](https://www.facebook.com/vafnp)

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

[www.ext.vt.edu](http://www.ext.vt.edu)

PUBLICATION HNFE-186NP

Produced by Communications and Marketing, College of Agriculture and Life Sciences, Virginia Polytechnic Institute and State University, 2013

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, genetic information, marital, family, or veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Jewel E. Hairston, Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/1113/HNFE-186NP