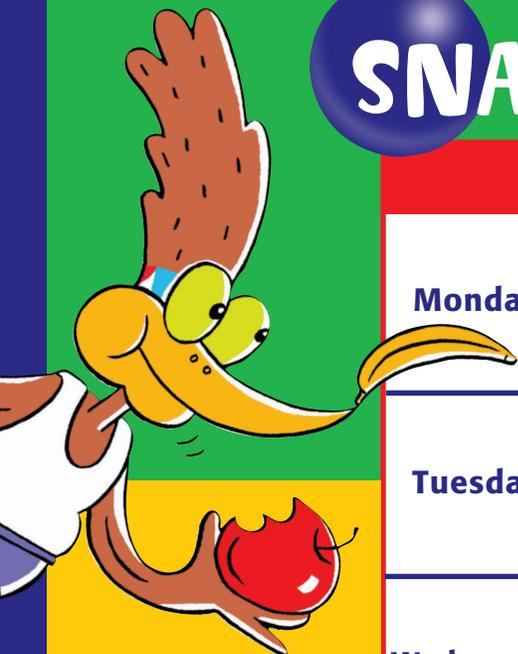


# SNACKS weekly calendar

HIP TO BE FIT®



	MORNING	AFTERNOON	AFTER DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

### ARE YOUR SNACKS MAKING YOU FIT OR FAT?

How many snacks do you eat each day? Are you eating healthy snacks that give you energy or foods that make you fat? Keep track of what you eat for one week. Fill in the snacks you eat under the time of day and day of the week. Try to avoid food that is high in fat and sugar.

### WHAT IS A SERVING?

Serving sizes may be noted on the package.

- 1/2 cup of vegetables
- 1/2 cup of raw, frozen, cooked, or canned (in 100% juice) fruit
- 1/4 cup dried fruit
- 3/4 cup (6 fluid ounces) 100% fruit or vegetable juice
- 1 cup (8 ounces) low-fat or non-fat yogurt
- 1 1/2 ounces cheese
- 1 ounce or 1/4 cup nuts
- 2 Tablespoons peanut butter
- 1 slice of bread
- 2 medium sized cookies
- 3-4 small crackers
- 1 ounce chips



**SNACKS** provide a steady stream of energy to your body, brain, and muscles. Snacking should not take the place of regular meals. Eat a healthy snack in between meals when you are hungry. The best fuel for an active kid is rich in energy and comes from foods like whole grains, fruits and vegetables. When you are physically active it is especially important to snack throughout the day so that you may replenish your body, and not get tired.

Pay attention to what you eat. Stuffing your face with a large order of fries after class may give you a temporary boost, but a snack this high in fat and calories will only slow you down in the

long run.

Kids need to refuel their bodies more than three times a day, especially when they're really active. Walking, playing games in gym class, carrying your backpack - it all takes energy. Kids also have small stomachs, so they may need to eat more often than adults.

If kids don't get regular meals and snacks, they may get tired and grouchy. Have you ever felt this way? If it's close to mealtime you might want to hold off, but a good snacking guideline is to have a morning, afternoon, and evening snack.

Healthy snacks can be a great way to get all the vitamins and nutrients your body needs.

What's not healthy is snacking so much that you're never hungry at mealtimes. But the right snack at the right time is often just what a kid needs.

Of course, you don't have to have your snack. Eat when you're hungry. And don't eat just because you're bored, watching TV, or to reward yourself for finishing your homework.

Instead of reaching for something unhealthy like a bag of chips or a candy bar, reach for a healthy snack and refuel your body the NDI-NM way! And don't forget to drink a lot of water. Skip the soda and candy bars and power up with healthy food and drinks!

Broccoli Florets  
Cauliflower Florets  
Bell Pepper Sticks  
Carrot Sticks  
Celery Sticks

Fresh Berries  
Fresh Fruit  
(Oranges, Bananas,  
Peaches, Nectarines)  
Dried Fruit  
(Apple Slices,  
Cranberries, Mango  
Slices, Papaya Slices,  
Raisins)  
100% Fruit Juice  
diluted with water  
(8 oz. Serving)

Low-fat Cheese  
String Cheese  
Low-fat Yogurt  
Nuts  
(a handful is a serving)

Dried Cereal—not  
sweetened (Puffed  
Rice or Wheat,  
Wheat Squares)  
Pretzels  
Rice Cakes  
Whole-grain Crackers

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**Name** \_\_\_\_\_

**Parent signature** \_\_\_\_\_

