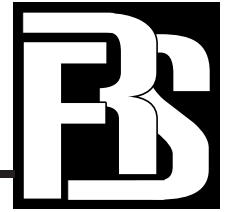


SNACKING:

FAMILY
RESOURCE
SHEET



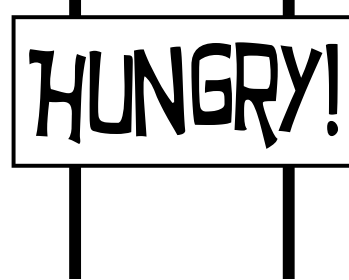
Hungry or Not!

Many people snack between meals. Snacks can boost energy and prevent between-meal hunger. However, many people snack when they aren't hungry. Other people eat a larger snack than needed.

Help your child understand the signs of hunger and when it is important to reach for a healthy snack!

Signs of Hunger

- Your stomach “growls.”
- You feel tired or weak.
- You may have a headache or feel light-headed.
- You may have trouble concentrating or thinking.



Reasons Why We May Not Know or Notice the Difference Between Full and Hungry*



- Eating too fast can make it harder to sense the message of fullness.
- Scolding, arguing, or other unpleasant mealtime situations may cause a child to eat faster to escape.
- Overeating may be a response to an emotional issue that needs attention.
- Getting too hungry may cause unhealthy snacking or unintentional overeating.
- Distractions, such as TV or computer games, may contribute to overeating.
- Thirst can be mistaken for hunger.

What You Can Do!*

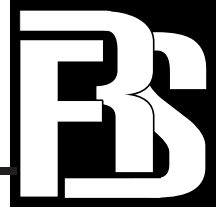
- Work with your child to eat slowly, take a break, and then return for seconds if still hungry.
- Relaxed surroundings and plenty of time to eat make it easier to sense hunger and fullness.
- Turn off the television and avoid other distractions when eating.
- A daily routine of regular mealtimes and snack times with a variety of healthy foods promotes good eating habits.
- Setting a good example allows your child to learn how to eat well.



The Power of the Media

Commercials and advertisements can encourage us to snack when we aren't hungry. Ads are designed to get you to buy or eat a product by making it appealing or by making you think that you will look like the people in the ad if you use the product. Help your child understand how advertisements can influence a person's choice of foods and drinks. Visit the Public Broadcasting website, “Don't Buy It,” at pbskids.org/dontbuyit/ for more information.

* Adapted from *Healthy Kids Healthy Weight*



SNACK HABITS:

Hard to Break and Hard to Start

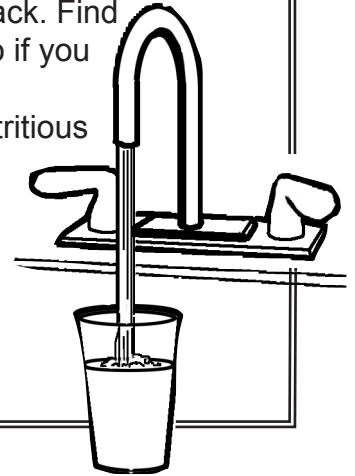
Habits to Break



- Eating your favorite snack when you aren't hungry.
- Snacking every time you watch television.
- Eating snacks that are high in fat or sugar.
- Drinking sweetened drinks, such as soda pops, fruit punches, sport drinks, sweetened iced teas, and flavored fruit drinks or juice drinks.

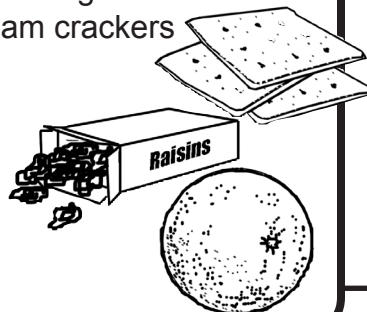
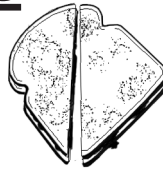
Habits to Start

- Listen to your body. If you are hungry and it's not mealtime, choose a small snack from one of the five food groups.
- Notice when you snack. Find something else to do if you aren't hungry.
- Have a variety of nutritious snacks available.
- Drink lots of water and at least two or three glasses of milk a day.

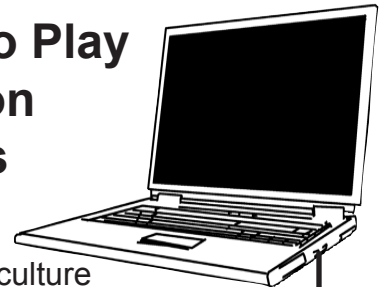


Nutritious Snacks

- Low-fat microwave popcorn
- Peanut butter and jelly sandwich on whole grain bread
- Low-fat cottage cheese with fruit
- Fresh fruit with low-fat yogurt for dipping
- Snack-sized, low-fat pudding
- Fresh vegetables, such as baby carrots, with salsa or low-fat dip
- Unsweetened whole grain cereal with sliced fruit
- Lean meat and low-fat cheese sandwich on whole grain bread
- Baked chips with salsa
- Applesauce in a single serving container
- Animal crackers or graham crackers
- Whole fruit
- Small box of raisins
- Trail mix with dried fruit
- Pretzels or rice cakes
- Whole grain crackers
- Fig bars



Take Time to Play Nutrition Games



The United States Department of Agriculture website has a section just for kids. Go to www.mypyramid.gov. Play the "Blast Off" game with your child.

Another website with nutrition games your child might enjoy is the National Dairy Council Nutrition Explorations. Go to www.nutritionexplorations.org/kids.

Try this site for more fun! Go to the Center for Science in the Public Interest, "Smart-Mouth" at www.cspinet.org/smartmouth/.