

Nutrition Highlights

Snacking 101

Welcome to HealthBarn USA, a place where families learn about the importance of living a healthy lifestyle and how-to make it happen at home. Did you know that kids need two nutritious snacks everyday? Grazing throughout the day can spoil their appetite for meals and potentially lead to unhealthy weight gain. Well-planned snacks offered two hours before and after a meal provide necessary energy for active bodies. Make regular snacks a part of your child's healthy routine!



BENEFITS OF SNACKS FOR KIDS

- Gives you fuel to be active and have fun!
- Helps prevent overeating and feeling sluggish at mealtime.
- Improves focus in school so you can get a better grade with less effort (being hungry is distracting!)
- An afternoon snack gives you the energy you need to be at your best during afterschool sports and activities.

HOW TO PUT TOGETHER A SNACK

A good snack has 2 or more of the following:

- ✓ Lean Protein for energy: a hard boiled egg, edamame, a slice of fresh turkey breast;
- ✓ Calcium for strong bones and teeth: low-fat yogurt or cheese;
- ✓ Fresh fruit and veggies for vitamins, minerals, and fiber, too!;
- ✓ Whole Grains for Fiber: woven wheat crackers (100% whole wheat), whole-grain breakfast cereal, such as Cheerios or Barbara's Puffins.

SNACK OUTSIDE THE BOX

Artificial ingredients are made in a factory and have little nutrition to offer growing bodies (or fully-grown ones either!).

Natural ingredients come directly from plants or animals and contain all the essential vitamins and minerals a growing child needs.

Instead of artificially colored and flavored yogurt, try:

– **Plain or vanilla flavored low-fat yogurt with fresh fruit and homemade granola.**

Skip the sugary store-bought granola bars, instead:

– **Make your own! Kids can measure, mix and spread the ingredients. (See recipe on page 2).**

Juice – too much of a good thing? Juice is high in sugar and lacks the tummy-filling fiber of whole fruit, instead:

– **Offer whole or cut up fruit to eat and water to quench thirst.**



THE BARN BAR

This yummy “grab and go” snack is packed with fiber and is high in heart-healthy fats.

- 2 cups old-fashioned oats
- 2/3 cup ground flaxseeds
- 1/2 cup hulled raw sunflower seeds
- 1/4 cup raisins
- 3 tablespoons brown sugar
- 1 large egg, beaten
- 1/2 cup maple syrup
- 1/2 cup canola oil

1. Preheat oven to 325°F. Line a 13 x 9-inch metal pan with foil. Allow 2 inches of foil to extend over the short sides of the pan. Grease foil.
2. In a large bowl, combine oats, flaxseeds, sunflower seeds, raisins, and brown sugar. Stir in egg, maple syrup and oil until well mixed. Transfer mixture to prepared pan and, with wet hands, press into an even layer.
3. Bake for 25-30 minutes or until golden brown. Cool in pan on a wire rack.
4. Once cool, use the foil to transfer the bars to a cutting board. With a serrated knife, cut lengthwise into 8 strips, then cut each strip crosswise in half to make 16 bars. Store in an airtight container for up to 4 days, or freeze for up to 1 month.

Makes 16 servings (1 granola bar per serving)

Nutrition Facts per serving: 190 calories; 11g fat (1g sat fat, 5g mono, 4g poly, 0g trans-fat); 10mg cholesterol; 20g carbohydrate (3g fiber, 10g sugar); 4g protein; 10mg sodium; 4% Daily Value (DV) calcium; 6% DV iron.

COMBO SNACK INSPIRATIONS

- Hummus with fresh veggies and whole-grain crackers or chips such as pita chips
- 1/2 peanut butter or SunButter sandwich on whole wheat bread
- Whole or cut-up fruit and a handful of almonds and chocolate chips
- Low-fat cheese slices, grapes, and whole-grain crackers



If you like these snack ideas, check out: *Appetite for Life*, Stacey Antine, Harper One.

If you have any questions or comments about **Nutrition Highlights**, please contact us at info@healthbarnusa.com or call 201-444-2955.

stay in touch



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At HealthBarn® USA, yuck is a four-letter word. Instead, kids use their thumb to express their opinions.

- * Thumbs up means “I like it”
- * Thumb to the side means “I’m not sure”
- * Thumbs down means “No thanks. I don’t like it”



WHOLE WHEAT PITA PIZZAS

Older kids can make this hearty afterschool snack on their own!

- 4 (4-inch) whole wheat pitas
- 1/2 cup no salt added marinara sauce
- 1/3 cup (1.5 ounces) shredded low-moisture, part-skim mozzarella cheese
- 1/2 cup small broccoli florets
- 1/4 cup sliced mushrooms
- 1/4 cup chopped fresh basil leaves

1. Preheat oven to 375°F.
2. Place pitas on a baking sheet (do not slice open). Spread 2 tablespoons of sauce on each pita. Top with mozzarella, broccoli, and mushrooms. Sprinkle with basil.
3. Bake pitas for 10-15 minutes or until cheese melts and edges are crispy.

Makes 4 servings (1 pita pizza per serving)

Nutrition Facts per serving: 120 calories; 2.5g fat (1g sat fat, 1g mono, 0g trans-fat); 5mg cholesterol; 18g carbohydrate (3g fiber, 2g sugar); 6g protein; 200mg sodium; 10% Daily Value (DV) vitamin A; 15% DV vitamin C; 10% DV calcium; 6% DV iron.