

Parent Corner

Ways You Can Help Your Teen chose Healthy Snacks

- Your children will typically eat whatever is easy to find in the house. Make it easy for them to find healthy snacks.
 - Example: Keep washed fruit ready to eat on your kitchen counter or sliced in the refrigerator.
 - Example: Keep vegetables, such as peppers and carrots, cut up and ready to eat in your fridge.
 - Example: Make homemade popcorn and portion it out in ready-to-eat bags.
- Avoid keeping less healthy snacks in your home.
- Keep the portion size of snacks small; they are not intended to take the place of meals.
- You are an important role model for your teen. Show him or her that you also are choosing healthy snacks when you are hungry.

What is a snack?

Many people think of snacks as certain aisle or aisles in the grocery store filled with cookies, crackers & chips. These are food manufacturers' definitions of snacks but are not necessarily the ones you should choose when you are hungry.

What are healthy snacks?

Healthy snacks are like "mini-meals" – Portion sizes are typically smaller than a meal, but they include typical meal components like a vegetable or fruit, whole grains, or beans/legumes. Examples: mozzarella cheese and apple; peanut butter and whole grain crackers; hummus and carrots.

What are examples of less healthy snacks?

Less healthy snacks are those foods that are marketed as traditional "snack foods" – cookies, crackers, chips. These are special occasion foods, not everyday snacks.