

## Week 5: Smart Snacking



### Step of the Week

#### This week's lesson is to:

Help your family figure out how to snack a bit healthier!

### Did You Know?

- Snack slowly! Sometimes we snack in front of the TV or when we are on our phones. This can lead us to eat too much or too quickly because we aren't paying attention. Challenge yourself to snack without distractions to avoid over-snacking.
- Sometimes we snack when we're thirsty or bored. Try drinking water or playing next time you think you're hungry but you've just had a snack.
- Make sure you keep some portioned snacks on hand to help make healthy choices when you are hungry and in need of a snack! Try to include some protein with your snack to help you feel full longer.



### Myth vs. Fact

#### Myth: Fruit and veggies are automatically a healthy snack

**Fact:** It's true, everyone needs to eat fruits and veggies and they are definitely a healthy choice, but you have to keep serving sizes in mind. Too many fruits and veggies is still overeating, which can add to health issues. Make sure that the serving size is right for the person eating the snack!

#### Myth: Snacking on candy is always bad

**Fact:** Sweets are okay every now and then. We're human, and kids are kids. Having a sweet every now and then is alright, but take the time to pay special attention when you are eating sweet snacks as it is easy to mindlessly overeat when snacking in the car or in front of the TV. Plenty of healthy snacks can be sweet too! See our page on tasty snack ideas for your family.

Snack time can be a great way to get kids to eat their recommended amount of fruits and vegetables! Try to focus on raw and natural foods over foods that have a lot of added sugar and salt.

It's important to have a mix of protein, fat, and carbohydrates when you eat snacks. Try making something that has all three with some of the food items listed below. Can you think of additional food items for each category that may not already be on the list?

## CARBS

### Veggies

Carrots  
Celery  
Bell peppers  
Snap peas  
Broccoli  
Cauliflower  
Tomatoes

### Fruits

Apples  
Bananas  
Dried fruit  
Berries  
Oranges  
Grapes  
Applesauce

### Grains

Crackers  
Pretzels  
Bread  
Rice cakes

## PROTEIN / FAT

### Dairy

Yogurt  
String cheese  
Cheddar cheese  
Cottage cheese  
Milk

### Nuts/Seeds

Peanut butter  
Almonds  
Walnuts  
Sunflower seeds

### Meats/Beans

Hummus  
Deli turkey  
Deli ham

## Stoplight

Last week, we set goals on having balanced meals. How did we do last week?

### Red Snacks – Every now and then



- ☐ Candy
- ☐ Ice cream
- ☐ Chips

### Yellow Snacks – Sometimes



- ☐ Crackers
- ☐ Pretzels
- ☐ Fig newtons

### Green Snacks – Often



- ☐ String Cheese
- ☐ Vegetables
- ☐ Fruits

How many foods from each group do you usually have in a week?

\*Reminder- Snacking has a lot to do with serving size! Too much of a good thing is still too much.



# Family Learning and Fun

## STEP 1

Everyone, write down your favorite snacks- this includes some fruits and veggies.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## STEP 2

Pick one snack from your list above and measure out how much you would normally snack on in a bowl.

## STEP 3

Everyone, make a cup out of their hand. That's what one serving size of a snack should look like! Try to measure out one of your favorite snacks above based on your hand serving size in another bowl.

## Let's Chat!



What does everyone think? \_\_\_\_\_

Did any of the serving sizes surprise you? \_\_\_\_\_

## Ideas for Change

- This week, try making snack bags with 1 serving size of your favorite snacks.
- Eat snacks sitting down without distractions.
- Plan ahead so the timing of snacks aren't too close to meals.
- Make sure snacks have a mix of foods including protein, fat, and carbs.
- Try changing up your snacks to include some veggies or some protein.
- Check out our snack sheet for some easy and delicious snack ideas.



## Taking a Step

What is one little step we can make with our snacking this week?

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## Pledge: What's our little step for this week?

We pledge that we will do our best to stick to this little step for our health this week:

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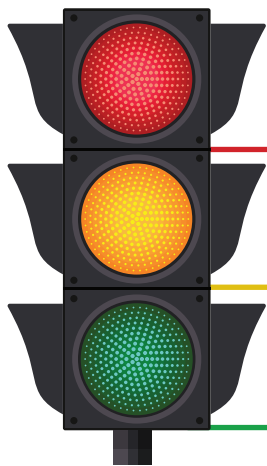
*sign your name(s) on the line*

## End of Week Check In!

- How well did your family do in sticking to your pledge?
- What was hard? What was easy?
- Can you pledge to keep this up next week, too?
- Behaviors like snacking smarter over time helps your family fuel their bodies with healthier food and drinks. Sometimes we may make a choice that isn't the healthiest and that's ok too, sometimes. New habits and behaviors can take a while to stick. Each time you make a small change, the better!

## Looking Back!

Last week, we talked about intuitive eating. How did we do last week?



### RED LIGHT

- ☐ I did not listen to my body and ate even when I was not hungry

### YELLOW LIGHT

- ☐ I listened to my body sometimes but I can do better

### GREEN LIGHT

- ☐ I listened to my body and stopped eating when I felt full
- ☐ When I felt hungry between meals, I chose fruits/veggies/protein as my snack

It's okay if you didn't quite hit your goal! Change isn't always easy. You just have to be proud of yourself for trying and remember that it's never too late to start again. If your goal was too hard last week, try making it a little bit easier this week. If it was a really big struggle, there are other resources outside of this program that can be found below to help you out a bit more!

## List of resources for more information:

- <https://www.healthychildren.org/> ■ <https://www.doctoryum.org/>
- <https://eatsmartmovemoreva.org/> ■ <https://www.eatsmartmovemorenc.com/myesmm/>