

# Tips for Kids

# Snacks

**Good news** for those of you who live for between-meal nibbles: **Smart snacking** is actually a key factor in maintaining an optimal metabolic rate. It can make you leaner by preserving muscle mass while encouraging your body to use fat as fuel.

A good rule of thumb is to **not go longer than three or four hours** without a small meal or snack.

One of the **biggest mistakes** made when trying to eat healthfully is to reach for snack foods that **appear to be diet-friendly**, like pretzels, baked chips, and 100-calorie packs. These snacks consist of mostly refined carbohydrates, and likely won't keep you satisfied until your next meal.

Ideally, snacks should include a source of protein and/or fiber, with a small amount of fat. Portions will vary, depending on body size, physical activity, level of hunger, etc.

## Protein-Based Snacks:

- Turkey or ham roll-ups
- Cottage cheese
- Greek yogurt (can add a little sweetener or sugar-free syrup)
- Beef jerky
- Cheese (be aware of portion size; a serving is 1 slice, 6 cubes or 1/4 cup shredded)
- Nuts (be mindful of quantity; a serving size is 1/4 cup)
- EAS AdvantEDGE Carb Control Ready-to-Drink shake

## High Fiber Carbohydrate-Based Snacks:

- Whole grain cereal
- Whole grain crackers (e.g. Triscuits, Wheat Thins Fiber Select, or All Bran)
- Whole grain bread or sandwich thin
- Whole wheat pita or tortilla
- Fresh fruit
- Popcorn (low-fat microwave or air-popped popcorn)

## Protein-Carbohydrate Combination Snacks:

- High Protein Ranch Dip: pint of Greek yogurt mixed with Ranch dip seasoning packet; serve with whole grain crackers or Baked Tostitos
- Whole wheat English muffin topped with tomato paste, shredded part-skim mozzarella, and turkey pepperoni; broil until golden brown
- Small whole wheat bagel topped with reduced fat cream cheese, turkey, ham or smoked salmon (optional)
- Cheese Quesadilla: reduced-fat cheese melted onto whole wheat tortilla
- Grilled cheese sandwich (or cheese toast) on whole grain bread. To spice it up a bit, use interesting cheeses like smoked gouda or brie

### Protein-Carbohydrate Combination Snacks: (Continued)

- Whole grain cereal (such as Kashi Go Lean or Special K Protein Plus) with low-fat milk

### Grab-and-Go Protein-Carbohydrate Snacks:

- Nutrition bar that is moderate in protein, low in sugar (South Beach Protein Fit Bar, Pure Protein Bar, Think Thin Bar, or Kashi TLC Chewy Bar)
- Soy Crisps
- Lowfat chocolate milk (available in single-serve cartons or bottles)
- Myoplex or Myoplex Lite Ready-to-Drink shake
- Soft taco – chicken or beef

### For the athlete: Higher calorie protein-carbohydrate combinations:

- Grilled chicken sandwich
- 6” or 12” sub sandwich
- Lean Pocket(s)
- Chili (from jar, can, or fast food restaurant)
- Turkey, ham, or roast beef sandwich (or sandwiches)
- Nutrition bar that’s high in protein and carbohydrates (Snicker’s Marathon Bar, Myoplex Deluxe Bar)
- Trail mix (including nuts, dried fruit, semi-sweet chocolate chips)

*Adapted from The Times-Picayune, written by Molly Kimball, RD, CSSD, Sports and Lifestyle Nutritionist with Ochsner’s Elmwood Fitness Center.*