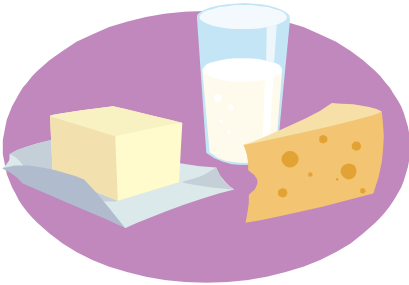


## November 2011 - Healthy Snacking for the Whole Household

*Presented by the Parkland Health and Wellness Council*



### Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest sources of artery-clogging saturated fat in kids' diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

**Yogurt** - Look for brands that are low-fat or fat-free, moderate in sugars (no more than about 30 grams of sugars in a 6-oz. cup), and high in calcium (at least 25% of daily value [DV] for calcium in a 6-oz. cup). Examples include Danimals Drinkable Low-Fat Yogurt, Go-Gurt by Yoplait, or cups of low-fat or non-fat yogurt from Stonyfield Farm, Dannon, Horizon, and similar store brands. Low-fat or non-fat yogurt also can be served with fresh or frozen fruit or low-fat granola.

**Low-Fat Cheese** - Cheese provides calcium, but often its saturated fat price tag is too high. Cheese is the number two source of heart-damaging saturated fat in children's diets. Even with low-fat and reduced-fat cheese, be sure to serve with other foods like fruit, vegetables, or whole grain crackers. Choose reduced-fat cheeses like Trader Joe's Armenian Style Braided; Borden or Sargento Light Mozzarella string cheese; Frigo Light Cheese Heads; Kraft Twist-Ums; Polly-O Twisterellas; the Laughing Cow's Light Original Mini Babybel; or Cabot 50% Light Vermont Cheddar.

**Low-Fat Pudding and Frozen Yogurt** - Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

### Other Snack Ideas

**Nuts** - Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size. Examples include peanuts, pistachios, almonds, walnuts, cashews, or soy nuts. Look for nuts that are unsalted.

**Trail Mix** - Trail mixes are easy to make and store well in a sealed container. Items to include: low-fat granola, whole grain cereals, peanuts, cashews, almonds, sunflower seeds, pumpkin seeds, and dried fruits like raisins, apricots, apples, pineapple, or cranberries. Look for dried fruit that has no added sugar.

**Lunch Meat** - Choose lower-fat, reduced-sodium brands of turkey, ham, and roast beef and serve with whole wheat bread, pita, tortillas (as a wrap sandwich), or crackers. Cut sandwiches in half to make snack-sized portions or roll them up into pinwheels and secure them with toothpicks.

## The Parkland Community Advisory Council (CAC) Invites You to Our November Meeting

The November CAC meeting topic will be "Curriculum Updates/School District Ranking/Teacher Perspective of Parkland" and given by members of the Curriculum, Instruction and Professional Development Department on Thursday, November 17, 2011 at 7:00 p.m. at the Administration Center. The public is invited to attend.