

## **Health Matters – July 2010**

### *Summertime Snacks*

Summer is here! The days are longer and warmer. Kids are finally out of school, running and playing outside. It's hard to maintain their level of energy. It is important that parents reinforce healthy eating habits in their children and encourage them to participate in active play. According to the latest health statistics, in the United States close to two-thirds of the population is obese. Parents and caregivers need to be aware of this and model and teach good eating habits from an early age to help them maintain a healthy weight.

Skipping meals can lead to overeating at other times of the day, and sets children up to develop poor eating habits as an adult. For this reason it is important to offer healthy snacks on a schedule. Make snacks available for kids to munch on. A healthy snack is a snack that includes two of the five food groups; for example, cheese and crackers, peanut butter and bagel, or yogurt and fruit.

It is also important to expose kids to different kinds of foods many times to encourage them to try new foods. This enables them to get more variety in their diet, therefore consuming more nutrients.

Below are two summer recipes I use every summer during Cooking Camp. Cooking Camp is an hour-long camp, which includes a half hour of nutrition tips and half an hour of hands-on cooking. It is offered every August for children ages 3-5 and 6-9 year olds through Stillwater Schools Community Education in partnership with Lakeview Hospital. Because nutrition is an important topic for youth and the significant adult in their lives, parents/guardians are encouraged to participate as well. For more information on upcoming Cooking Camps, call 430-8715.

#### Cran-licious Smoothie

1 cup 100% mixed cranberry juice  
2 cups frozen strawberries  
6 oz. low-fat vanilla yogurt

Place all ingredients in a blender and blend until smooth. Serves 2. Per serving: 206 calories, 1.2 g total fat, .7 g saturated fat, 5% calories from fat, 3% calories from saturated fat, 5 g protein, 46 g carbohydrates, 4 mg cholesterol, 3 mg dietary fiber, 78 mg sodium.

#### Happy Trails Fruit Munchies

½ cup honey roasted almond slices  
½ cup dried sweetened cranberries  
½ cup raisins  
½ cup dried apricots  
½ cup sweetened whole grain cereal

Cut apricots into eighths. Combine all ingredients and mix well. Portion equally into 6 servings. Place portions into small plastic containers or sandwich bags for convenient, grab-n-go snacking. Per serving: 164 calories, 5 g total fat, 0 g saturated fat, 27% calories from fat, 0% calories from saturated fat, 2 g protein, 29 g carbohydrates, 0 mg cholesterol, 2 g dietary fiber, 132 mg sodium.

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