



### POWER-UP WITH SNACKS!



Today we learned how to “Power-Up” our bodies with healthful snacks! Snacks choices that fit into the five food groups (vegetables, fruits, grains, dairy and protein) are healthful snacks that keep our bodies strong and healthy. Good snack choices may include baby carrots (vegetable), berries (fruit), pita bread (grains), string cheese (dairy) or a hard-boiled egg (protein). Potato chips and cheese balls may have started out as a healthy vegetable and grain, but processing added extra fats, sugars and salt. This makes them a less healthful snack item.

### AT HOME ACTIVITY



Healthful Snack Options

1. Start by washing your hands.
2. Try to choose a snack that will both be healthful and will satisfy your hunger or craving. Are you looking for something salty or sweet, smooth or crunchy?
3. Eat slowly.
4. Enjoy your snack with a cold glass of water or low-fat milk.

When a snack attack strikes, refuel with these nutrition-packed snacks.

- Spread a scoop of frozen yogurt on one graham cracker square then add some sliced banana, top with another graham cracker square to make a tasty sandwich.
- Add crunchy granola and fresh blueberries to low-fat vanilla yogurt.
- Put low-fat milk, frozen strawberries and a ripe banana in a blender for thirty seconds to enjoy a delicious smoothie.

### BUILD STRENGTH

Did you know weight-bearing exercises help build strong bones by encouraging new tissue to form? Try this family activity.

Stand with your feet shoulder width apart. Slowly squat down (as though you are pretending to sit down on a chair) until your knees are bent to 90 degrees. Be sure to keep your stomach muscles tight and your back straight to prevent injury. Hold for a count of 3 seconds and slowly stand back up. Do 3 sets of 8 to 10 reps

