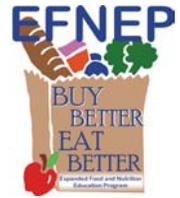




Family Nutrition In Action

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Creating Balanced Snacks

Snacks should be balanced. This means that they should have items from at least two food groups. A balanced snack will be satisfying. It could put off hunger until the next meal.

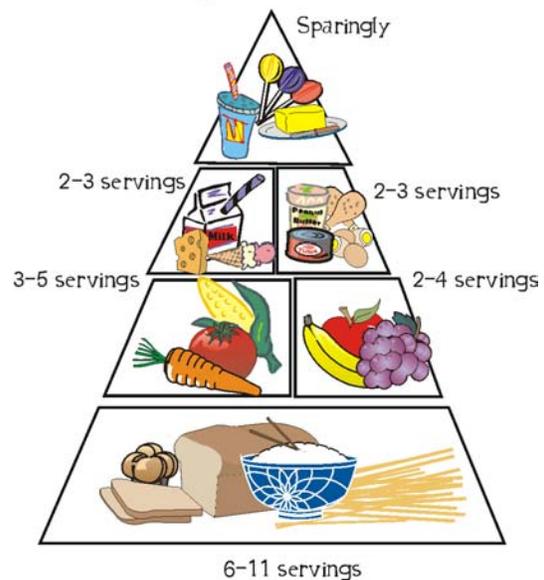
Preparing a balanced snack can be simple. Use the Food Guide Pyramid to help you make your selections.

I want A Snack

That's OK - snacking can be good. It gives us the energy we need between meals. It can be an important way to get all the nutrients we need daily. The trick is to snack on nourishing foods.

Most children cannot eat enough at meals to get all the energy they need to grow, learn, and play. Young children may need to snack 2-3 times a day. Adults could use snacks also, but not as often.

Food Guide Pyramid



Some examples of balanced snacks are:

<u>Food Items</u>	<u>Food Group</u>	<u>Food Group</u>
Cereal and milk	Grain	Milk
Cookies and milk	Fats/Sweets	Milk
Yogurt with fruit	Milk	Fruit
Cheese and juice	Milk	Fruit
Celery with peanut butter	Vegetable	Meat
Pretzels and chocolate milk	Grain	Milk

Snacks Can Complete Your Meals

Use snack time as a way of getting any foods you might be missing. Again, you can use the Food Guide Pyramid to help you select the foods you need. For example, if you ate only cereal and milk for breakfast, (foods from the grain and milk groups), then have something with fruit for snack. If you had a meat sandwich and juice for lunch, (items from the meat, grain and fruit groups), then include milk or yogurt with your snack.

Portion Sizes

When preparing snacks, think about portion sizes. Young children eat smaller portions. But in most cases, the serving sizes on food container labels are a good guide.

Using serving sizes from food labels:

- the cookies and milk snack becomes 2-3 cookies and 1 cup milk. Low fat or skim milk is best for most people over 2 years old.

- The yogurt snack would be one 6-8 ounce container of a yogurt.
- The cheese and juice snack could be one cheese stick and 1 cup of juice.

Other good snack choices might include: $\frac{1}{2}$ sandwich, $\frac{1}{2}$ cup ice cream or frozen yogurt, 1 juice bar, 3-cups popcorn, 1 hard-boiled egg, a small slice of cake, $\frac{1}{2}$ cup baby carrots, a piece of fruit, a small muffin, $\frac{1}{2}$ cup pudding, 1 slice toast, 1 cup soup, 2 graham crackers, 1 cup hot cocoa, $\frac{1}{4}$ cup nuts, 1 tortilla, or a small serving of yesterday's left-overs.

Pre-portion your snacks to avoid over-eating. When eating or drinking directly from the food container (the pretzel bag, the cookie box, the juice bottle...), most people lose track of how much they've had. Eating too much for snacks can promote weight gain. Plate, bag or pour a set amount of food before you eat.

**We all get hungry and we all need food.
Eating limited portions of balanced snacks is a great way to
satisfy hunger and get the nutrients we need.**

Sweet Cornbread

The Cornbread Book by Jeremy Jackson

Served hot or cooled, a 3-inch square piece of corn bread served with milk or juice makes a balanced and tasty afternoon snack.

1 cup unbleached all-purpose flour
1-cup cornmeal
5 tablespoons sugar
2 teaspoons baking powder
1/2-teaspoon salt
1-cup milk
1/3-cup canola oil
1 large egg, slightly beaten



Preheat oven to 400 degrees F. Lightly grease an 8 or 9-inch square pan.

Sift dry ingredients into mixing bowl. Form a well in the mixture and add the milk, oil, and egg. Stir just until everything is combined – there should still be scattered clumps of flour, about the size of baby peas.

Pour the batter into the pan and bake for 24 to 30 minutes, until the cornbread is starting to brown slightly (especially at the edges) and a knife inserted in the middle comes out clean.

For additional information, contact your local County Extension Office:



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