

Salty snacks are not the healthiest snack: try to replace chips with fresh fruit and vegetables whenever possible. If you do want to eat salty snacks why not try some of the healthier versions? Baked chips or pretzels have fewer calories and less fat than regular chips.

WATCH OUT when you buy a big bag of chips - it's easy to end up eating more than one serving —and more calories and fat.

Regular potato chips (1 oz.) about 20 chips

Calories: 150
Calories from fat: 50
Total Fat: 10g
Sodium: 180 mg



Baked potato chips (1oz.) about 11 chips

Calories: 110
Calories from fat: 15
Total Fat: 1.5g
Sodium: 150 mg



Pretzels (1 oz.) about 19 pretzels

Calories: 110
Calories from fat: 10
Total Fat: 1g
Sodium: 410 mg



ADD A RAINBOW: ADD FRUIT

Fruits and vegetables are an important part of your child's diet. It is recommended that children eat fruits and vegetables every day.

You can get your fruits and vegetables in many ways because fruits and vegetables come fresh, frozen, canned, dried, and as 100 percent fruit or vegetable juice.

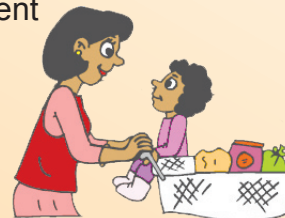
SMART START: BREAKFAST

Wake up with fruits and vegetables! Add sliced banana, raisins or blueberries to cereal.



Make it fun....Top off the bowl of cereal with a smiling face from sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth. Cereal and milk are also a good 'anytime' snack.

Go shopping with your children. Take them to the grocery store or farmers market to let them see all the different sizes and colors that fruit offers. Let them pick out a new fruit and vegetable to try.



SMART SNACKS

A GUIDE TO HEALTHY SNACKS FOR YOUR KEIKI



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GOT WHAT IN YOUR MILK?

Milk provides high-quality protein, vitamins and minerals, as well as being one of the best sources of calcium in the American diet.

There are a variety of milks with different calorie and fat contents. (All calorie and fat values are for one 8 fl. oz. serving)



Whole Milk
150 calories
8 g fat

Whole milk is recommended for children until they are 2 years old, unless directed by a physician.



2% Reduced-Fat Milk
120 calories
5 g fat



1% Low Fat Milk
(also called Light Milk)
100 calories
2.5 g fat



Fat-Free Milk
(also called Skim or Nonfat Milk)
83 calories
0 g fat



Chocolate Milk

This is milk which has chocolate or cocoa and a sweetener added.

This milk is just as nutritious the unflavored milk, although compared to plain milk, chocolate milk contains about 60 more calories per serving (8 fluid oz).



Soy Milk
127 calories
4.7g of fat

One cup of a whole grain cereal can supply as much as half the daily nutritional requirements for fifteen of the top vitamins and minerals. Add milk or yogurt to the cereal, and it boosts the nutritional content even higher. Adding dried or fresh fruits to cereal **adds taste and even more nutritional value.**

CEREAL - AN ANYTIME, ANYWHERE SNACK

Whole grain (WIC) cereals such as Kix, Life, Cheerios and low fat milk make a great 'anytime' snack.

These ready-to-eat cereals are usually low in fat and fortified with vitamins and minerals, which generally make them a healthy snack alternative.



Not all cereals are healthy - check the nutrition labels and look for:

- whole grains (whole wheat, whole bran)
- less than 5g of sugar per serving
- vitamins and minerals should be 25-40% of the DV

Some ready-to-eat cereals that meet all or some of these guidelines: Multigrain Cheerios, Life, Total, Kix, Chex, Corn Flakes, Crispy Rice, Bran Flakes, Special K, Product 19 (and all are WIC approved)

CEREAL TO GO: Put a cup of ready-to-eat cereal in a sealed bag in your child's backpack for a nutritious 'on the go' snack. You can also add dried fruit to the cereal.

