

Health Fits into Every DAY

Healthy "GO" snacks help your kids maintain energy and focus during the day

The most **healthful** snacks, GO snacks, are made up of mostly **GO foods** like, fruits, vegetables, lean protein or peanut butter, whole grains, and low-fat or skim dairy products.



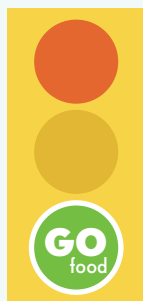
Kids who eat an appropriate number of health snacks are better, more focused learners!

Snacks should be **200** calories or less.



Designate a regular window of time for an afternoon snack, like right after school, to prevent snacking too close to dinner or snacking too much.

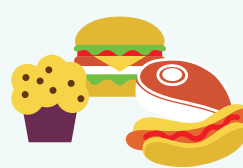
Eat more **GO** foods than **SLOW** foods every day and **WHOA** foods only every once in awhile!



GO foods are "whole foods" or those that are the least processed, lowest in salt and/or added sugars.



SLOW foods are between GO and WHOA foods



WHOA foods are the most processed and are highest in unhealthy fats, added sugars, and/or salt.



Small snack when you're a little hungry help us eat the right amount at meals. Fruits or veggies are perfect for this!

Chips, candy, cookies, and sugary or caffeinated drinks are not good choices.



SUGGESTIONS

Having cut-up **fruits** and **vegetables** in re-sealable bags will encourage kids to eat them (like small carrots with low-fat dip).



Kids should be able to go **2-4 hours** without food

and not get hungry. It's possible for kids to eat too many snacks! Limit portions and help your kids determine if they're really hungry. Don't let kids graze or snack continuously throughout the day. It's too easy to consume too many calories this way.



Have your kids pair a **GO** snack with a **GO** beverage, like water or milk.



snack time



An afternoon **GO** snack can help your kids keep up their energy between lunch and dinner.

Schools should make healthy snacking easy for kids by:

- Discouraging unhealthy snacking at school
- Ensure provided snacks are mostly GO foods
- Inform parents about any snacks given out to avoid over-snacking

Kids may resist at first, but be persistent!

Parents and Teachers! Make sure to be a good **role model** for your kids by eating and serving healthy **GO** snacks. They look up to you!



This information is brought to you by **CATCH**
See our website www.catchusa.org for more information.