

Nutrient Dense Snacks

Snacks are part of a healthy diet, especially for growing children. When snacks are nutrient-dense, they allow children to grow, develop and stay satisfied until their next meal.

LOOK FOR THESE NUTRIENTS IN A SNACK:

FIBER: helps balance blood sugar, provides satiety and promotes a healthy gut.

Aim for > 2 grams of fiber per serving in a snack.



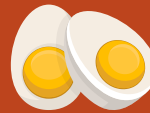
UNSATURATED FAT: contributes to a child's brain development, improves cholesterol and fights inflammation.

Aim for < 10% of calories from saturated fat per serving in a snack.



PROTEIN: builds and repairs tissue, maintains fluid balance and supports the immune system.

Aim for > 2 grams of protein per serving in a snack.



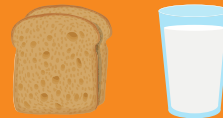
OTHER TIPS FOR A NUTRIENT-DENSE SNACK:

Milk: Choose unflavored to limit added sugar.

Grains: Go with a whole grain when possible.

Fruits & Vegetables: Avoid those with added sugar or sodium.

Meat/Meat Alternates: Avoid those high in saturated fat or sodium.



WHAT TO AVOID IN A SNACK: Many foods marketed as "snack foods" can be high in sodium or added sugar and lack nutrients that keep kids satisfied until their next meal.

Excess sodium: may raise blood pressure (hypertension).

Aim for < 200 mg of sodium per serving in a snack

Added sugar: difficulty with maintaining a healthy weight and may increase inflammation.

Children less than age 2: aim for 0 grams of added sugar

Children ages 2-19: aim for <10% of calories from added sugar per serving



Example of a Nutrition Facts panel for a snack food:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Image: <https://www.fda.gov/food/food-labeling-nutrition/changes-nutrition-facts-label>

Saturated Fat, Sodium, Dietary Fiber and Protein: within the recommended amount.

Added Sugars: double the recommended amount.



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