

MAKING SNACK TIME, FUN TIME – WHY IS IT IMPORTANT?

Did you know that a major portion of a kid's daily energy intake comes from snacking between meals? Unfortunately, much of this nibbling is on pre-packaged snack foods that are high in calories and low in nutrient. It's not snacking that's a bad thing, it's unhealthy snacking. So make sure your kid gets his two healthy snacks a day.

WHY SNACK?

Snacking is important to curb your kid's hunger and sustain his energy throughout the day by offering him foods at small intervals to continue his activities and to provide him with nutrients that seem impossible to incorporate in three major mammoth meals per day!

WHEN TO SNACK?

The best time to snack is in between meal. One snack food half way between breakfast and lunch and one-snack food half-way between lunch and dinner should be incorporated in a kid's daily diet. However, it should be remembered that snack foods are not to be offered directly before the main meals, or your kid will not feel hungry enough to eat his lunch or dinner.

HEALTHY SNACK FOOD OPTIONS:

Following are some of the suggested healthy snack food options for kids:

- A cheese sandwich with a glass of milk.
- Cereal and fruit.
- Bowl of soup and toast.
- Fruits served in skewers.
- Fruit-milkshakes.
- Carrot sticks and cucumber sticks served with a healthy yogurt or mayo dip.
- Cheese slices, crackers with spread, and fresh or dried fruits.
- Pita bread with hummus.
- Peanut butter on toast with sliced banana
- Corn on cob
- Air popped popcorn
- Shami kebabs with raita