

SNACKS weekly calendar

Work Hard
Do Your Best
Never Give Up
BE HEALTHY!



	MORNING	AFTERNOON	AFTER DINNER
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

SNACK HEALTHY!

Are you eating healthy snacks that give you energy and help your body grow? Keep track of the snacks you eat for one week on this calendar, and focus on filling it with healthy foods! (See ideas on the back!) Try to avoid food that is high in fat and sugar.

WHAT IS A SERVING?

Serving sizes may be noted on the package.

- ½ cup of vegetables
- ½ cup of raw, frozen, cooked, or canned (in 100% juice) fruit
- ¼ cup dried fruit
- ¾ cup (6 fluid ounces) 100% fruit or vegetable juice
- 1 cup (8 ounces) low-fat or non-fat yogurt
- 1½ ounces cheese
- 1 ounce or ¼ cup nuts
- 2 Tablespoons peanut butter
- 1 slice of bread
- 2 medium sized cookies
- 3-4 small crackers
- 1 ounce chips



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SNACKS provide a steady stream of energy to your body, brain, and muscles. Snacking should not take the place of regular meals. Eat a healthy snack in between meals when you are hungry. The best fuel for an active kid is rich in energy and comes from foods like whole grains, fruits and vegetables. When you are physically active it is especially important to snack throughout the day so that you may replenish your body, and not get tired.

Kids need to refuel their bodies more than three times a day, especially when they're

really active. Walking, playing games in gym class, carrying your backpack - it all takes energy. Kids also have small stomachs, so they may need to eat more often than adults.

If kids don't get regular meals and snacks, they may get tired and grouchy. Have you ever felt this way? If it's close to mealtime you might want to hold off, but a good snacking guideline is to have a morning, afternoon, and evening snack.

Healthy snacks can be a great way to get all the vitamins and nutrients your body needs. What's not healthy is snacking so much that you're never

hungry at mealtimes. But the right snack at the right time is often just what a kid needs.

Of course, you don't have to have your snack. Eat when you're hungry. And don't eat just because you're bored, watching TV, or to reward yourself for finishing your homework.

Instead of reaching for something unhealthy like a bag of chips or a candy bar, reach for a healthy snack and refuel your body the NDI-NM way! And don't forget to drink a lot of water. Skip the soda and candy bars and power up with healthy food and drinks!

THE HILAND THEATER
4800 Central Avenue SE
Albuquerque, NM 87108
(505) 340-0200

THE DANCE BARN
1140 Alto Street
Santa Fe, NM 87501
(505) 983-7646
www.ndi-nm.org

Broccoli Florets
Cauliflower Florets
Bell Pepper Sticks
Carrot Sticks
Celery Sticks
Cherry Tomatoes
Cucumbers
Corn
Sugar Snap Peas

Fresh Berries
Fresh Fruit
(Oranges, Bananas,
Peaches, Nectarines...)
Dried Fruit
(Apple Slices,
Cranberries, Mango
Slices, Papaya Slices,
Raisins...)

String Cheese
Yogurt
Nuts (a handful is a
serving)
Hard-Boiled Egg

Dried Cereal—not
sweetened (Puffed
Rice or Wheat,
Wheat Squares)
Pretzels
Rice Cakes
Whole-grain Crackers

**And don't forget
to drink lots of
H2O!**

Name _____

Parent signature _____

