

10 tips
Nutrition Education Series

cut back on your kid's sweet treats



10 tips to decrease added sugars

Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 **serve small portions**
It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

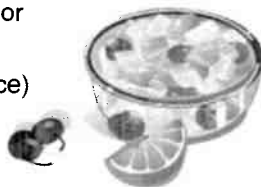
2 **sip smarter**
Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 **use the check-out lane that does not display candy**
Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 **choose not to offer sweets as rewards**
By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 **make fruit the everyday dessert**
Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 **make food fun**
Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 **encourage kids to invent new snacks**
Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 **play detective in the cereal aisle**
Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

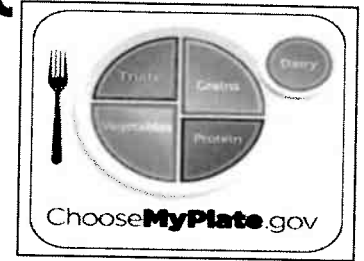
9 **make treats "treats," not everyday foods**
Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 **if kids don't eat their meal, they don't need sweet "extras"**
Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.

SDSU Extension

MINNEHAHA COUNTY EXTENSION OFFICE PRESENTS:

THE EXPANDED FOOD & NUTRITION EDUCATION PROGRAM (EFNEP)



EFNEP's **Families**

Eating Smart
AND
Moving More

Come to the Sioux Falls Ministry Center each Thursday,
April 26th-May 31, at 6:30 pm - 7:30 pm

We will learn about MyPlate, how to stretch food dollars, helpful
cooking hints and sample some wonderful food that you make!

See any Ministry located in the Sioux Falls Ministry Center to sign-up
for classes. There is no charge to attend these classes.

If you have any questions call the EFNEP office at 605-367-7877

SDSU EXTENSION

Minnehaha County Extension Office
220 W 06th St
Sioux Falls, SD
57104

Phone: 605-367-7877
Fax: 605-367-4609

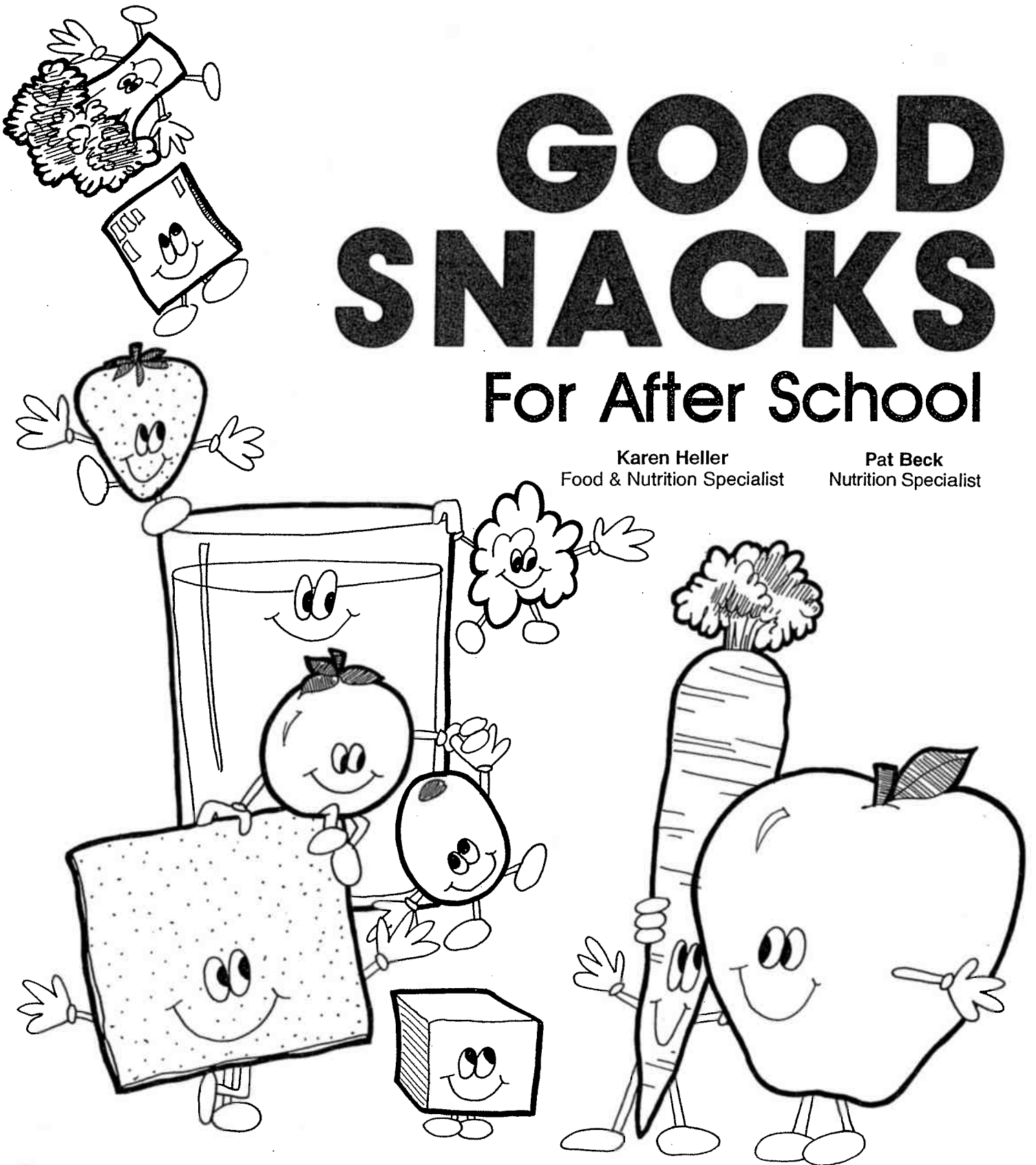
SDSU
Extension

GOOD SNACKS

For After School

Karen Heller
Food & Nutrition Specialist

Pat Beck
Nutrition Specialist



NDSU EXTENSION SERVICE

North Dakota State University, Fargo, ND 58105

MAY 1996

BREADS, CEREALS, RICE AND PASTA

Whole-grain and enriched Breads and Cereals are good sources of complex carbohydrates, B vitamins, iron and dietary fiber. Whole-grain products are higher in fiber.

Snack Suggestion: Comments:

Ready-to-eat

Breakfast cereals with or without milk

Read labels and choose enriched cereals with less added sugar, and those higher in fiber content.

Breads

In addition to whole-wheat or white, try rye or multi-grain

Eat plain, or spread with favorites such as peanut butter, cheese spread or other spread. Prepare a sandwich in advance and store in sandwich bags.

Rice cakes

Plain or with toppings such as peanut butter, cheese spread

Rice cakes are low in calories - the bland flavor may require getting used to.

Crackers

with or without favorite toppings such as cheese, cottage cheese

Choose whole-grain crackers for higher fiber content. Many crackers contain highly saturated fat in the form of coconut or palm oil. Read labels and select those products which don't have these fat forms present.

Require some advance preparation

Popped popcorn
Serve plain or try
*Herb Popcorn
*Cheese Popcorn

Pop extra popcorn in advance for after school snacks. Note: unsupervised use by children of microwave popcorn products has resulted in severe burns.

Cereal snack mixtures

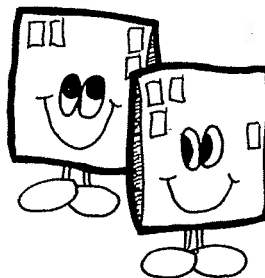
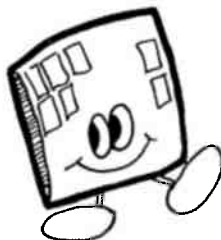
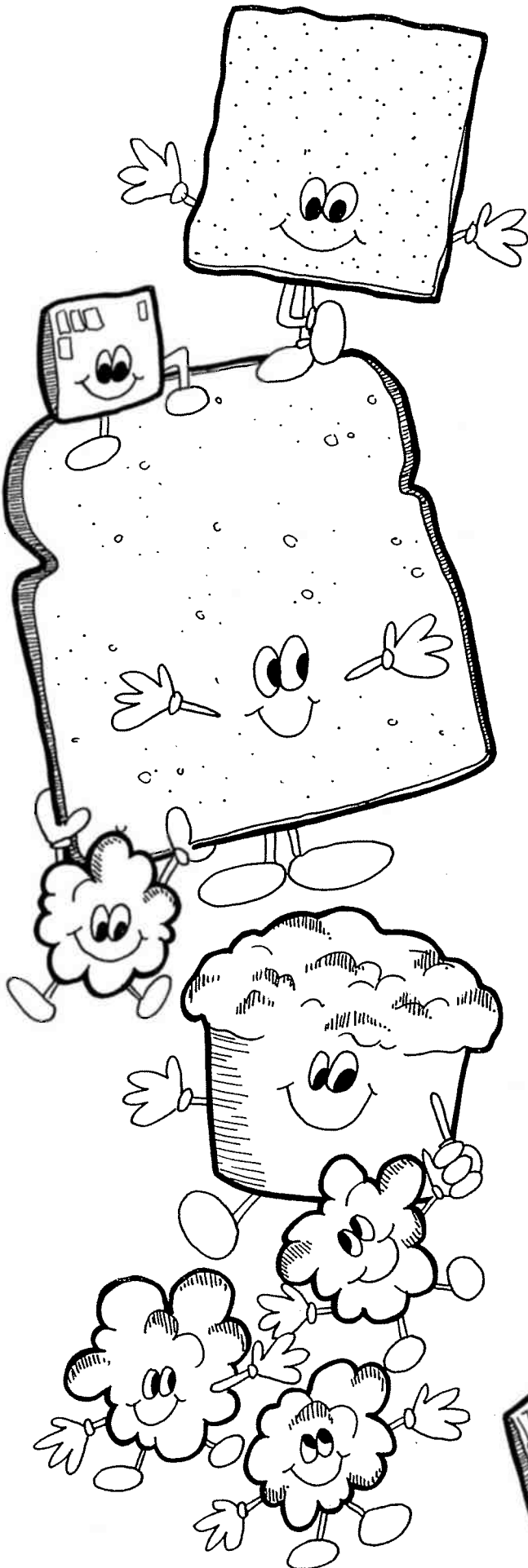
*Cereal Crisp
*Crunchy Fun Mix

Watch recipes for high amounts of added fat or sodium in margarine/butter or in seasonings.

Muffins

Quick breads made with banana, carrot, apple-sauce, or pumpkin

For more nutrition, make these with whole grains, add fruit or vegetables such as bananas, carrots, blueberries, add dried fruit such as raisins and nuts. Many box mixes are available for these products. Shop specials to reduce costs. Bakery products are the most costly, but are an option. Could slice off and package separately appropriate serving sizes for after-school snacking.



RECIPES

Herb Popcorn

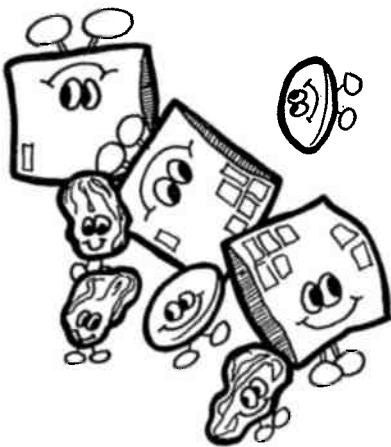
- ¼ cup butter or margarine
- 1 teaspoon basil
- 1 teaspoon marjoram
- 2 tablespoons minced chives or onions
- ¼ teaspoon ground thyme
- 1 teaspoon salt (optional)
- 4 quarts unsalted popped popcorn

Melt butter or margarine, add other ingredients except popcorn. Keep over low heat for about 10 minutes to blend flavors. Drizzle over 4 quarts of unsalted popcorn and toss.

Cheese Popcorn

- ¼ cup butter or margarine
- ¼ cup grated parmesan cheese
- 4 quarts unsalted popped popcorn

Melt butter or margarine and drizzle over popcorn. Sprinkle parmesan cheese on the popcorn mixture. Stir until popcorn is well coated with cheese.



Crunchy Fun Mix

- 1 cup cereal squares
- ½ cup unsalted peanuts
- ½ cup raisins

Mix ingredients together in bowl.

Vegetable Dip

- 1 cup plain lowfat yogurt or cottage cheese*

Add one of the following:

1. ½ package dry ranch style dressing mix.
2. 1 tablespoon chopped onion and 1 tablespoon prepared mustard.

Serve with favorite raw vegetables.

*If a smooth textured dip is desired, blend cottage cheese with 1 tablespoon skim milk and 1 teaspoon lemon juice in a blender until smooth. Two tablespoons lite mayonnaise may be added. Chill.

Strawberry-Yogurt Pops

(Uses stove top and blender)

- 2 10-ounce cartons of frozen strawberries, thawed*
- 1 tablespoon unflavored gelatin
- 2 cups plain yogurt
- 12 3-ounce paper cups
- 12 wooden popsicle sticks

Drain strawberries. Place drained liquid in a saucepan and sprinkle with gelatin. Cook over low heat, stirring constantly, until gelatin dissolves. Mix strawberries, yogurt and gelatin mixture in a blender until smooth. Fill the paper cups with blended mixture. Insert stick in each cup. Freeze until firm. Let pops sit at room temperature for a few minutes to loosen before taking out of mold.

*Other frozen fruits may be used, such as peaches, raspberries, blueberries.

Fruit Dip

- 1 cup plain lowfat yogurt or cottage cheese*
- 2 tablespoons orange juice

Mix together. Serve with fruit chunks.

*If a smooth textured dip is desired, blend cottage cheese and juice together in a blender until smooth.

Frozen Juice Pops

- 2 cups juice (orange, grape, cranberry)

Divide juice among 5 or 6 small paper cups. Insert wooden stick in each pop and freeze. Let the pops sit at room temperature for a few minutes to loosen the cup.

Pudding N'Pops

- 1 package instant pudding mix (any flavor)
- 2 cups skim milk

Using a rotary beater: pour the milk into a mixing bowl. Add pudding mix and beat with a rotary egg beater until thick - about a minute. Scrape sides of the bowl once or twice.

OR

Using a covered container: place milk in a 1 quart container with a tight fitting lid. Add pudding mix and put on lid. Shake until thick - about a minute.

Pour about ½ cup of the pudding into a dish to eat now. Divide the rest of the pudding among 4 small plastic drinking cups or popsicle molds. Put a popsicle stick in each and freeze for a snack tomorrow. Let the pop sit at room temperature for a few minutes to loosen before taking out of the mold or cup.

Crunchy Vegetable Burrito Banditos

Makes 4 Servings

½ cup shredded carrots	¼ cup low fat ranch dressing
½ cup finely chopped broccoli	½ teaspoon chili powder
½ cup finely chopped cauliflower	4 7 inch tortillas
¼ cup onion or 2 green onions, thinly sliced	
3 ounces shredded low fat Cheddar cheese	

1. In a mixing bowl, combine carrots, broccoli, cauliflower and onions with cheese, dressing, and chili powder.
2. Lay tortillas on the counter and spoon about ½ cup vegetable mixture down the center. Fold up about ¼ of the bottom edge of the tortilla over the vegetable filling and then fold about 1/3 of each side over the vegetable filling – making an envelope.

Nutrition information per serving

228 Calories, Total Fat 6.8g, Saturated Fat 1.9g, Protein 10.3g, Total Carbohydrate 31.2g, Dietary Fiber 2.7g, Sodium 456.3 mg.



Minnehaha County Extension Office, 220 W 6th St, Sioux Falls, SD 57104

* From *Hey! What's Cookin'?*; Lesson #12 North Carolina State University Extension, 1994.

Fruit Dippers

Makes 4 Servings

½ cup low-fat vanilla yogurt	2 tablespoons chopped peanuts
2 cups fruit (grapes, banana slices, apple wedges, strawberries)	

1. Combine yogurt and peanuts. Mix with a spoon
2. Place a toothpick in the center of each fruit
3. Dip fruit into the yogurt-peanut mixture

More Ideas: Like chocolate? Mix non-fat hot fudge sauce into the yogurt-peanut mixture. Mango, kiwi, pineapple, and cantaloupe chunks also taste great with a dip.

Nutrition information per serving

630 Calories, Total Fat 10g, Saturated Fat 3.5g, Protein 21g, Total Carbohydrate 116g, Dietary Fiber 5g, Sodium 540mg.



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