

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST OF
TODAY'S CHAOS

Snaking Tips for Kids

1. **Don't Keep Junk Food in the House**-They can't ask for cookies and chips if there are none.
2. **Power Up with Protein**-keep hard-boiled eggs, deli meat, and cooked chicken tenders.
3. **Go For the Grain**-Whole grain foods provide energy with some staying power-try whole grain bread with a slice of cheese.
4. **Broaden the Menu**-Offer a rainbow of fruits/veggies & let the kids choose a few pieces to mix together for a colorful snack.
5. **Revisit Breakfast foods** as an afternoon snack-dry cereal mixed with fruits and nuts.
6. **Sweeten it Up**-Satisfy your child's sweet tooth with frozen fruit bars
7. **Have Fun with Food**-Cut whole wheat bread and cheese with cookie cutters. Skewer fruit kabobs to dip in yogurt dressing.
8. **Promote Independence**-Keep ready to eat veggies in the fridge. Keep fresh fruit in a bowl
9. **Don't be fooled by labeling Gimmicks**-Check nutrition labels instead of reaching for items labeled low-fat or fat-free that may be packed with calories and sodium.
10. **Designate a snacking zone**-Only allow snacking in certain areas, and avoid serving snacks during screen time to avoid mindless munching.

Adapted by Kathy Carr,

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Source: [mayoclinic.org](https://www.mayoclinic.org)

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