
The NIU Literacy Clinic wants you to enjoy reading and be healthy at the same time.

We are offering this informational flyer for you and your family to read and discuss things you already know about foods and to learn some new information.

We will update this banner when we receive new sources that we think you might enjoy in your adventure through reading and food.

www.squaremeals.org

www.healthysnackstore.com

After School Snacks

Nuts – Since nuts are high in calories, it is best to serve them along with another snack such as fruit. A small handful of nuts is a reasonable serving size.

Examples include:

*Peanuts
Pistachios
Almonds
Walnuts
Cashews
Soy Nuts*

Look for nuts that are unsalted!

WARNING – A small but growing number of kids have severe peanut and/or tree nut allergies. Before bringing in peanuts, peanut butter or other nuts as a snack, check to make sure that no one has a nut allergy.

The Bite



A weekly information sheet from the NIU Literacy Clinic

Healthy Beverages

By: Center for Science in the Public Interest

Children who drink more sweetened drinks (soda, sweetened tea, lemonade, and juice drinks) consume more calories and are more likely to be overweight than kids who drink fewer soft drinks. Soft drinks also displace healthful foods in kids' diets like milk, which can help prevent osteoporosis, and 100% juice, which can help prevent heart disease and cancer. In addition, soda pop can cause dental cavities and tooth decay.

So what are your options for serving healthy beverages?

Water – Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus it is low-cost!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.

Seltzer – Carbonated drinks like seltzer, sparkling water, and club soda are healthy options. They do not contain the sugars, calories, and caffeine of sodas. Serve them alone or try making 'healthy sodas' by mixing them with equal amounts of 100% juice.

Did you know?

Many beverages like Capri Sun, V8-Splash, Tropicana Twisters, Sunny Delight, Kool Aid Jammers, Hi-C, or juice drinks from Very Fine, Welch's or Snapple are easily mistaken for juice. However, those beverages are more like soda than juice – they are merely sugar water with a few tablespoons of added juice

And.....

Fruit juice can be rich in vitamins, minerals, and cancer-fighting compounds. However, it is high in calories. The American Academy of Pediatrics recommends that children 1 – 6 years old drink no more than 6 ounces (one serving) of juice a day and children ages 7 – 18 years old drink no more than 12 ounces (two servings) of juice a day.

Try making this together.....

Trail Mix – easy to make, customize to your taste and store in a sealed container. Items to include:

Low-fat granola

Whole grain cereals

Nuts such as:

Peanuts, Cashews, or

Almonds

Sunflower Seeds

Pumpkin Seeds

And dried fruits like:

Raisins

Apricots

Cranberries

Apples

Low-Fat and Fat-Free Milk – Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) milk to avoid the heart-damaging saturated fat found in whole and 2% (reduced-fat) milk. It is best to serve fat-free versions of chocolate, strawberry, or other flavored milks to help balance the extra calories coming from added sugars. Single-serve containers of chocolate or other flavored whole or 2% milk drinks can be too high in calories (400 -500 calories) and saturated fat (1/3 of a day's worth) to be a healthy beverage for kids.

Soy and Rice Drinks – For children who prefer not to drink cow's milk, calcium fortified soy and rice drinks are good choices.

Fruit Juice – Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks, or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options. To find 100% juice, look at beverage nutrition labels for the percentage of the beverage that is juice. Orange, grapefruit, and pineapple juices are more nutrient-dense and are healthier than apple, grape, and pear juices.



Let us know your thoughts. What other healthy food and nutrition topics would you like to see in The Bite?

Questions? Contact us at the NIU Literacy Clinic
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Looking for previous weeks versions of The Bite? Go to www.niu.edu/web.shtml, select A-Z index, then Parents.