

Smart Snacking for Teens



Convenient, healthy snacks for the busy teen:

- Air-popped popcorn
- Peanuts
- Pretzels
- Whole grain crackers
- 1 Tbs peanut butter on apple slices
- Whole wheat pita with 2 Tbs. hummus
- Quesadillas – 6 in. tortillas shell filled with ¼ c. black beans & 2 Tbs. salsa
- Trail mix – almonds, raisins, sunflower seeds & dried fruit
- Wrap sandwich – whole wheat tortilla with turkey
- English Muffin Pizza – 1 whole wheat English muffin, 2 Tbs. tomato sauce, 2 Tbs low fat cream cheese, ½ c. diced veggies, 1 oz. low-fat mozzarella cheese
- Yogurt parfait – 6 oz. fat-free yogurt, ½ c. berries, ¼ c. granola

Plan ahead!
Prepare in advance for a
grab and go snack.

Snacks for the Little Ones



Make healthy snacking food for the little ones:

- Graham crackers & applesauce
- Strawberries or apple slices dipped in low-fat yogurt
- Animal crackers dipped in low-fat pudding
- Celery logs – celery sticks topped with low-fat cream cheese or peanut butter and raisins
- Pear fruit parfait – fat-free yogurt with cut up pear slices
- Tomato dunkers – cherry tomatoes dipped in light ranch dressing
- String cheese
- Fresh fruit
- Baby carrots



HEALTHY SNACKS ARE WHERE IT'S AT!

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Check us out on Facebook:

Wild About Wellness - Oak Park

Digital copies of this brochure are available upon request.

WILD ABOUT WELLNESS

TAKING ACTION THROUGH HEALTHY EATING

Healthy Eating & Portions

Portion size is important in ensuring that an individual does not consume more calories than their daily needs.

Simple Comparisons



= 1 cup (250 ml)



= 4 oz. raw meat



= 1 tsp. butter or margarine



= 2 Tbsp. peanut butter or salad dressing



= 1 small baked potato



= 1 oz (30g) cheese



= 3 oz. grilled fish

Choose snacks that are low in calories and high in fiber such as fruits and vegetables!

Mindful Alternatives

Every calorie filled snack can be substituted for an equally nutritious treat! **Small changes can make a big difference.**

Heart-loving snack substitutions:

Instead of this

Try this

Buttered popcorn

Air-popped popcorn

Potato chips

Pretzels

Candy bar

Granola bar

Cheese and crackers

Rice cake & peanut butter

Cookies

Graham cracker

Ice cream

Low-fat yogurt

Fruit snacks

Fruits/vegetables

Keywords to look for:

These words mean flavor without the extra calories.

Grilled

Baked

Broiled

ROASTED

Poached

Steamed

Seared

Seasoned

Fresh

Keywords to avoid:

These words are filled with fat and calories.

Breaded

Battered

Cheesy

BUTTERED

Fried

CRUNCHY

Creamy

Smothered

Crispy

Which Beverage is Best?

- The body needs to stay hydrated in order for it to function properly.
- Water is the best fluid to consume since it is naturally occurring in the body.

Smart beverage options:

- Water
- 100% vegetable juice
- Seltzer
- Skim or low-fat milk
- Unsweetened tea

High calorie drinks = increased calorie intake
Increased calorie intake = weight gain

- Soda is one of the most popular beverages consumed and most detrimental to our health.

