



"Hey, Mom, what's to eat? This inevitable wail is probably one of the top 10 phrases parents hear each day. It signals the start of a snack attack. Don't panic. Clever parents can produce healthful snacks from even the most sparsely stocked pantries. See your family through the attack of the munchies by keeping these helpful (and healthful) snack starters on hand:

Bread: A toast to toast! It's the base and the case of a profusion of snacking possibilities. Toast and slice into quarters for dipping into hummus, low-fat cheese dips and extra-chunky salsa. For a sweet treat, top with cinnamon-sugar, jelly, honey or applesauce. Or, use toasted whole wheat bread as a casing for vegetable and low-fat cream cheese sandwiches. Also, try topping bread with sliced apples.



Cereal: The quickest breakfast in town is also one of the speediest snacks. Munch on dry cereal, or use it to top yogurt and ice cream. Combine cereal with dried fruit, pretzels and marshmallows for a tasty trail mix delight.



The Grains Kids Go For

Kids need five to six ounces of grain foods daily. Which are their favorites? Moms polled in a Gallup survey say kids like cereal best, followed by bread and pasta.



How to Handle Snack Attacks

Crackers: With the wide variety of crackers available, this snack is never boring. Team crackers with low-fat cheese and luncheon meats. Or, use wheat crackers as a platform for a chunky fruit and yogurt dip.



Pasta: Small children especially love plain pasta as a snack. Try different shapes and colors of pasta sprinkled with parmesan cheese.



Older snackers go for cold pasta salads kept handy in the fridge as a healthy way to curb hunger between meals. Try mixing whole grain with more traditional types.

Tortillas: Spread a wheat tortilla with low-fat peanut butter and jelly, and roll up a new snack.



Or, make a quick quesadilla by placing slices of cheese on a tortilla, microwaving until the cheese melts and folding the tortilla in half.

Why Snack on Grains?

Grain foods make great snacks because they fill you up and help curb hunger. Plus, they don't come with a lot of added fat. Instead, they're packed with complex carbohydrates that provide our bodies with energy. Leading nutritionists recommend that 55 to 60 percent of our daily calories come from carbohydrates. Snacking is a great way to make sure you get enough complex carbohydrates each day.

Wheat or White?

Kids like white bread best, according to 54 percent of moms polled by Gallup. Moms, on the other hand, say they'd prefer their kids eat whole wheat. The good news? **All** breads offer nutritional value!



Take the Grains



Guru Challenge



You need information to rev up for healthy living! Dig into this nutrition quiz and find out just how much you really know about nutrition fitness. The helpful answers and tips will tell you why a balanced diet is the key to better fitness and show you how to reach your nutrition goals.

True or False?

1. **By skipping meals, I can save calories to reach my weight loss goals.**

Ans: **F** Nibble, don't skip. When you starve yourself, your body goes into famine mode and is more likely to store what you eat as fat. Instead of skipping meals, replace high-fat foods with low-fat carbohydrates like crackers, pretzels, bread, pasta or fig bars. Also, try eating six smaller meals throughout the day instead of three large ones to avoid mealtime binges.

2. **Desserts like cake are off limits if I want to reach my fitness goals and follow a nutritionally balanced diet.**

Ans: **F** Depriving yourself of foods you love will only make you want them more. Using MyPyramid as a tool for meal planning allows you to enjoy all foods. By following its recommendations, you can handle a variety of foods and still get the nutrients you need.

3. **Only whole wheat breads really contribute to good health.**

Ans: **F** Nutritionists recommend three of your five or six ounces of daily grain foods be whole grain, but remember no single food contains all the nutrients needed for a healthy body. Experiment each day with different grain food snacks and meals — have a pasta salad with turkey on rye or some fortune cookies with frozen yogurt.

4. **Getting enough dietary fiber can help me lose weight.**

Ans: **T** Grain foods are an excellent source of soluble and insoluble fiber. Insoluble fiber gives a feeling of fullness and reduces the desire to eat more. Soluble fiber can help reduce the risk of heart disease by lowering blood cholesterol levels; it also helps control blood sugar.

5. **As a whole, the American population gets 5 to 10 ounces of grain foods daily.**

Ans: **T** Grain foods should comprise about 60% of your daily diet. Americans are eating enough grains but not enough of them are whole grains. Half of the recommended grain servings need to be from whole grains. Getting enough whole grains is as easy as eating a slice of whole wheat toast with your bowl of cereal for breakfast, a small whole grain pasta salad with your lunch time sandwich and a bagel for your afternoon snack. Be sure to choose whole grain varieties at least half of the time.

Matching

Knowing the serving size (ounce equivalents) of grain foods help ensure that you get what you need each day. Use normal-sized plates to keep serving sizes in perspective. Match grain foods on the left with the correct serving size on the right. Answers may be used more than once.



- a. Cold cereal
- b. Regular bagel
- c. Pasta, cooked
- d. Saltine cracker(s)
- e. Bread slice
- f. Cooked cereal
- g. Small tortilla

- 1. 5-7
- 2. 1/2
- 3. 1
- 4. 1 cup
- 5. 1/2 cup



Ans: A-4, B-2, C-5, D-1, E-3, F-5, G-3