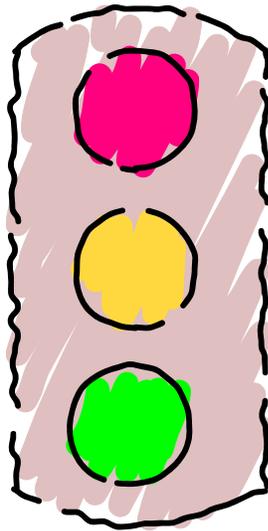


This handout belongs to:

Too many snacks between meals can cause **weight gain**.

A child only needs two snacks a day.

Set a time for an afternoon snack, and do not allow endless snacking. Snacking too much can spoil a child's appetite for dinner and also cause weight gain.



Less healthy:

chips, donuts, candy, fries

Healthier: peanut butter crackers, sunflower seeds, bag of pretzels, nuts

Healthiest: yogurt and fruit, carrots with dip, 1/2 sandwich, cereal and low-fat milk

Instead...limit your child's daily snack money to **75¢**. You can help your child resist eating too many snacks if you give her/him money **daily** instead of weekly.



See other side for more tips for a healthy weight!

More Tips for a Healthy Weight:

1. Be active by playing inside and outside.

Play inside: Turn off the TV and play. Clear a space for exercising with a video or dancing. Run up and down stairs. With young children, play with soft-foam balls or squishy toys. Help your child to play at least one hour a day.

Play outside: Have fun with bikes, jump ropes, basketball, soccer, baseball, squirt guns, tag and hopscotch.

2. Sugary drinks and 100% fruit juice can cause weight gain.

Instead, drink low-fat milk with meals and drink water with snacks. Limit 100% fruit juice to a small cup a day. You can help your child avoid sweet drinks by not keeping them in your home.

3. Eat most meals at home. Eat fewer fast food meals.

Fast food can be full of calories, fat and sugar. If you must eat out, follow these fast food tips:

Share a Super Size: By sharing a large order of fries, you will eat fewer calories, less fat and save money, too!

Rethink your drink: A 32-oz soft drink has over 300 calories, almost 1/2 cup of sugar and no nutritional value. Switch to low-fat milk or water.