



Exploring the Food Groups

Fifth-grade nutrition education newsletter

Lesson 9

Easy snacks that are low in fat, salt and sugar and taste good!

Think low-salt, low-fat or low-sugar foods don't taste good? Think again. Here are some quick, tasty, do-it-yourself snacks.

Grains

Instead of pretzels with salt, make your own whole-wheat pita chips and season with chili powder or other favorites.

Veggies

Instead of potato chips, make kale chips (see recipe in this newsletter).

Fruit

Try frozen grapes instead of a fruit drink.



Milk

Instead of ice cream, try low-fat vanilla or fruit-flavored yogurt. Try yogurt frozen on a popsicle stick.

Protein foods

Instead of chicken nuggets, roll up 98 percent fat-free chicken slices with spinach leaves.

Need a clue about whether your snack food has fat in it?

Try this experiment:

What you need:

- Brown grocery bag or piece of paper
- Cookie, nuts, potato chips, regular and baked

What you do:

1. Lay the grocery bag or paper on a table.
2. Put a sample of each food on the paper and wait to see if the fat appears on the bag or paper.



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Use a snack box to help you and your family choose healthy snacks

Cupboard snack box choices

- Fruit cups
- Dried fruit
- Peanut butter
- Fat-free or sugar-free pudding packs
- Baked chips
- Baked/reduced fat whole-grain/whole-wheat crackers
- Low-fat graham crackers
- Reduced fat popcorn

Refrigerator snack box choices

- 100 percent fruit juice boxes
- Fresh fruit
- Applesauce
- Cut-up veggies
- Grape or cherry tomatoes
- Low-fat cottage cheese with fruit
- Low-fat yogurt
- Reduced fat or part-skim string cheese

Recipe

Kale chips



What you need:

- 1 bunch kale, washed and thoroughly dried
- 1 tablespoon olive oil (nonstick cooking spray)
- 1 teaspoon seasoning, like garlic powder or other seasoning

Directions:

1. Wash hands and surfaces.
2. Preheat oven to 350 degrees F.
3. Line cookie sheet with parchment paper (or use aluminum foil).
4. Prepare kale: remove thick stems from leaves. Tear into bite size pieces. In bowl, toss so kale is lightly coated with oil (or spray with nonstick cooking spray).
5. Sprinkle with seasoning.
6. Bake until the edges of the kale are brown but not burnt, about 10 to 15 minutes (ovens vary!). They burn easily, so watch carefully.

