

Recipe to Try

Carrot Dip



Makes six servings

Ingredients

- 6 carrots, shredded
- 1 ½ cups fat free plain yogurt
- 1 clove of garlic mashed
- 1 tablespoon oil
- Juice from half a lemon
- ½ tsp salt

Directions

1. Wash hands thoroughly with warm water and soap
2. Wash, peel, and grate carrots
3. Add garlic, oil, lemon juice, and salt to yogurt and stir
4. Add Carrots and mix well
5. Serve as a dip with whole grain crackers or veggies

For nutrient information and more delicious & easy snack recipes visit:

www.eatwellbewell.org

Tips on including Kids in Snack Creation

- Have kids help think of new creative snacks including their favorite foods.
- Include kids in the grocery shopping by letting them pick out a new fruit or vegetable to try each week.
- Explore the Arizona Nutrition Network site as a family and include everyone in picking out new recipes to try and make together.

Additional Resources

www.ChooseMyPlate.gov
www.eatwellbewell.org

Satter E. How to get your kid to eat but not too much.
Boulder (CO): Bull Publishing; 1987.

Sources

Recipe courtesy of the Arizona Nutrition Network

www.eatwellbewell.org

Pictures used with permission of freedigitalphotos.net

http://www.freedigitalphotos.net/images/gallery_Fruit_m104-sb_title-so_ascending-page4.html



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
COOPERATIVE EXTENSION

THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE AND LIFE SCIENCES
TUCSON, ARIZONA 85721

VANESSA A. FARRELL
Associate In Extension, Nutritional Sciences

HANNAH BERGE
Former UA Student

CONTACT:
VANESSA A. FARRELL
stanford@u.arizona.edu

This information has been reviewed by University faculty.

cals.arizona.edu/pubs/health/az1512.pdf
Originally published: 2010

Other titles from Arizona Cooperative Extension can be found at:
cals.arizona.edu/pubs



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
COOPERATIVE EXTENSION



A Guide to Healthy Snack Ideas

VANESSA A. FARRELL
HANNAH BERGE

AZ1512

Revised July, 2012

cals.arizona.edu/pubs/health/az1512.pdf

This information has been reviewed
by university faculty.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeffrey C. Silvertooth, Associate Dean & Director, Economic Development & Extension, College of Agriculture and Life Sciences, The University of Arizona.

The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Any products, services, or organizations that are mentioned, shown, or indirectly implied in this publication do not imply endorsement by The University of Arizona. This material is based upon work supported by the Cooperative State Research, Education, and Extension Service, U.S. Department of Agriculture, under special project number 99- EWQI-1-0613.

Food For Thought

Children can develop healthy nutritional habits, by choosing healthier snacks, taking part in snack and meal preparation, and packing healthy snacks for school snack time. Healthy snacks add to a balanced diet and help children stay focused at school.

“The equation for a nutritious snack = (a fruit or vegetable or grain) + (meat/bean or dairy).”



ChooseMyPlate.gov Ideas

Fruit or Veggie Ideas: apple slices, kiwi, oranges, grapes, banana, dried fruit, raisins, celery sticks, carrot sticks, raw broccoli, bell pepper, tomato, tomato pizza sauce

Grain Ideas: whole grain crackers, rice cakes, popcorn, slice of toast, pretzels, whole grain or baked chips, cereal, bagel, pita bread, English muffin

Meat/Bean Ideas: peanuts*, slice of deli meat, peanut butter*, tuna, mixed nuts*, sunflower seeds

Dairy Ideas: string cheese, skim or 1% milk, low fat cream cheese, low fat pudding, low fat yogurt, skim shredded cheese

Eating a combination of foods will help children stay full and focused longer. Creating new combinations adds variety and makes snacks part of a balanced diet.

Be Creative and let your kids come up with combinations of their own favorite healthy foods.

Healthy Snack Ideas

Pack & Go Snacks:

- Celery sticks with peanut butter* for dipping
- Apple slices sprinkled with cinnamon
- Carrots and celery to dip in low fat ranch dressing
- Baked tortilla chips with a container of salsa for dipping
- Bag of pretzels with peanut butter* for dipping
- Whole grain crackers with string cheese
- Apple Cinnamon mini rice cakes with peanut butter* for dipping
- Whole grain pita with sliced banana, spoonful of peanut butter*, and a little honey
- Low fat pudding with animal crackers for dipping
- Fresh fruit such as oranges, grapes, or bananas

Food Safety Tip: Use insulated lunch bags to keep perishable foods cold.

After School Snacks:

- Whole grain pita with a spoonful of pizza sauce, shredded part-skim mozzarella, ring of pineapple, and slice of deli ham
- Spread banana with peanut butter* and roll in whole grain cereal
- Flour tortilla topped with melted cheese, bell pepper, and tomato
- Chocolate rice cake with low fat cream cheese and fresh fruit on top
- Open faced sandwiches on half an English muffin with mustard, slice of cheese, and a slice of deli meat
- Spread a little low fat cream cheese on whole grain crackers
- Bowl of popcorn with parmesan cheese sprinkled on the top

* These snack ideas contain peanuts or products made with peanuts, be cautious when preparing or serving these snacks around children who may have a peanut allergy.