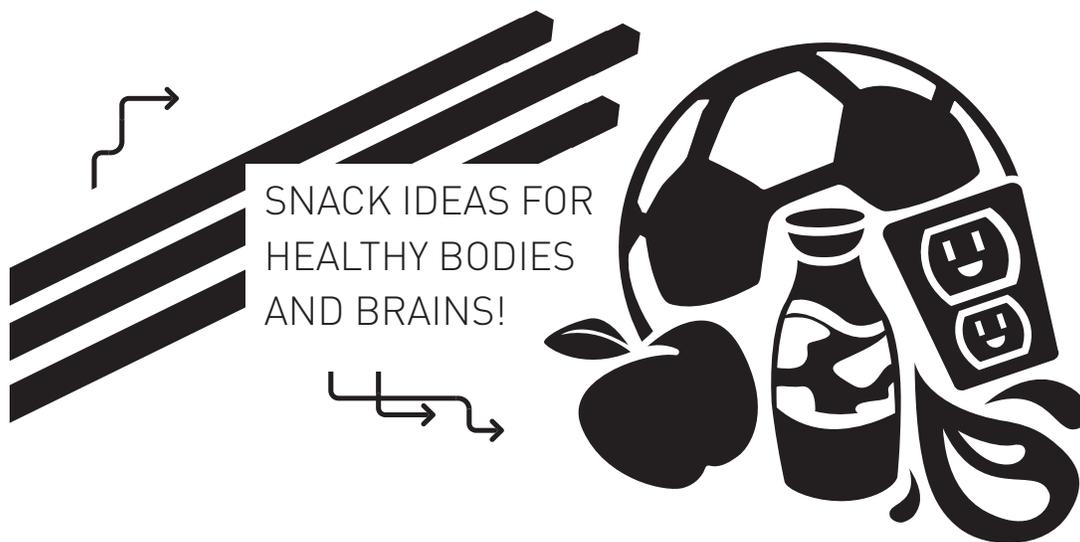




FOR HEALTHY SNACKS AT HOME WITH GRANDPARENTS

Grandparents play a significant role in children’s lives. They are often participating in school events, a part of school activities cheering from the sidelines, and caring of children after school. A lot of grandparents need to make food choices that are lower in sodium because they have high blood pressure. A 55 year old has an 83-85% chance of developing high blood pressure over the coming 20 years. Learning the preference for lower sodium foods is something that grandparents can take an active role in. Modeling good food choices and providing lower sodium snacks for after school or after the game is something that grandparents can be a part of. Intergenerational low sodium choices can and should be made for children to avoid high blood pressure and for their grandparents to control theirs.





FOR HEALTHY SNACKS AT HOME WITH GRANDPARENTS

Fruits

TRY IT FRESH!

Apples, oranges, bananas, grapes, pears, strawberries, melon, kiwi, mango, blueberries, cherries, peaches, nectarines, plums, starfruit, tangerines, pineapple

Canned fruits in own juice, not syrup

Make a fruit salad

100% fruit juice

Unsweetened applesauce or fruit sauce (TRY SPRINKLING IN CINNAMON)

DRIED FRUITS!

raisins, craisins, banana chips, dried fruit mix, 100% fruit – fruit leathers

(NOT FRUIT SNACKS WHICH ARE MOSTLY SUGAR)

FROZEN FRUIT!

grapes, strawberries

Vegetables

Carrots

Broccoli

Cucumbers

Peppers (GREEN, RED, ORANGE, YELLOW)

Sugar snap peas

Green beans

Celery

Cauliflower

Snow peas

Tomatoes (GRAPE OR CHERRY)

Yellow squash

Zucchini squash

Ants on a log (CELERY STICK FILLED WITH LOW FAT CREAM CHEESE OR PEANUT/SOY NUT BUTTER TOPPED WITH RAISINS OR CRAISINS)

Veggie wrap or pita

MADE FOR DIPPING!
TRY VEGGIES PLAIN OR WITH LOW-FAT DIPPING SAUCE OR HUMMUS!

Protein Foods

Hard-cooked eggs

Low salt nuts

Low sodium seeds (SUNFLOWER OR PUMPKIN)

Hummus or black bean dip served with veggies or

Whole grain pita

Lean low sodium meats (TURKEY, ROAST BEEF, HAM) — make a roll up or serve with whole grain crackers

Whole Grains

Whole grain english muffin, breads, pitas, crackers

Whole grain muffins

Granola or cereal bars

Whole grain cereals (LOOK FOR CEREALS WITH LESS THAN 6 GRAMS OF SUGAR PER SERVING)

Make a trail mix with whole grain cereal and dried fruits

Low Fat or Fat Free Dairy

Yogurt (LOOK FOR ONE WITH LESS THAN 15 GRAMS OF SUGAR PER 4 OUNCES)—add fruit and whole grain cereal to make a parfait

Low fat Cheese Sticks

Low fat Pudding

Yogurt smoothie with low fat yogurt and fresh fruit

REFERENCES USED

Alternatives to Using Food as a Reward – Michigan Team Nutrition (9/04); Constructive Classroom Rewards – www.cspinet.org; Non-Food Ways to Raise Funds and Reward a Job Well Done – Square Meals, Texas Department of Agriculture (2004); www.wvsmartfoods.com

5-4-3-2-1 Go!™ was developed by the Consortium to Lower Obesity in Chicago Children—www.clocc.net | Schools Implementing Nutrition Standards is funded by an American Recovery and Reinvestment Act: Communities Putting Prevention to Work Cooperative Agreement award from the Centers for Disease Control and Prevention to the Michigan Department of Community Health.