



Grains

Food \$ense Guide to Healthy Snacks for After School programs

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Why are grains so important?

Eating grains, especially whole grains, provides our youth with many health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of several chronic diseases including Heart Disease and Type II Diabetes. Grains provide many nutrients that are vital for the health and maintenance of our bodies as well as Carbohydrates, our body's #1 source of energy.

Whole Grain Tip

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread . It's important to *substitute* the whole-grain product for the refined one, rather than *adding* the whole-grain product.

www.mypyramid.gov/pyramid/grains.html

Grain Based Snack Ideas

- Peanut butter and jelly sandwiches on whole wheat bread
- Whole grain bagels with reduced fat cream cheese
- Whole wheat English muffins with almond butter
- Parfaits with granola, light yogurt, and fresh fruit
- Plain popcorn (or season your own by adding parmesan cheese, cinnamon & sugar, or even Cajun seasoning)
- Trail mix with whole grain cereal, pretzels, raisins, nuts, coconut, chocolate chips, etc
- Graham crackers and 2% milk
- Reduced fat Ritz crackers and applesauce
- Crackers and hummus
- Whole grain muffins
- Animal crackers and 2% milk
- Whole grain soft pretzels
- Whole grain goldfish crackers
- Whole grain granola bars
- English muffin pizzas
- Colorful quesadillas (quesadillas with chopped veggies and cheese inside)

Adding a cup of 2% milk is a great way to liven up some of these snacks!



When purchasing traditional processed foods keep an eye out for whole grain or multi grain versions for a healthier alternative to some of our easy favorites.



Baked Tortilla Chips

12 6" tortillas, preferably corn
1 tablespoon of canola oil
Fine salt

Preheat the oven to 350 degrees F. Brush both sides of the tortillas with oil. Stack the tortillas and cut into sixths to make chips. Spread the chips in a single layer on 2 large baking sheets and season with salt. Bake until golden and crisp, rotating the baking sheets once, about 12-15 minutes. Serve.

Adapted from
www.foodnetwork.com

