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

Heidi Baxley, USU FCS Program Assistant, Kathleen Riggs, USU Extension Professor FCS/4-H, and Danelle Acker, USU FSNE Nutrition Assistant

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.

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!

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

www.mypyramid.gov/pyramid/grains.html

Utah State University is committed to providing an environment free from harassment and other forms of illegal discrimination based on race, color, religion, sex, national origin, age (40 and older), disability, and veteran’s status. USU’s policy also prohibits discrimination on the basis of sexual orientation in employment and academic related practices and decision.

Utah State University employees and students cannot, because of race, color, religion, sex, national origin, age, disability, or veteran’s status, refuse to hire; discharge; promote; demote; terminate; discriminate in compensation; or discriminate regarding terms, privileges, or conditions of employment, against any person otherwise qualified.

Employees and students also cannot discriminate in the classroom, residence halls, or in on/off campus, USU-sponsored events and activities.

This publication is issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Noelle E. Cockett, Vice President for Extension and Agriculture, Utah State University.