

SNACKS



Snacks are an important part of a healthy diet! It is difficult to get all of the recommended nutrients needed for the day with just the 3 basic meals. Some experts believe that eating small, frequent meals stimulates one's metabolism, thereby burning more calories. However, there is no daily recommended number of snacks – it depends on what your child's snack consists of. As a general rule of thumb, aim for 2-3 nutrient-dense snacks a day along with 3 meals.

When choosing snacks for your child, look for those that are:

- **high in protein:** protein is needed by the body for growth and maintenance
- **high in dietary fibre:** fibre fills one up for a longer time and aids digestion
- **low in fats:** an ideal snack should contain 0 trans fats, 0 cholesterol and minimum saturated fats
- **a combination of the 5 food groups (fruits, vegetables, grains, protein and dairy):** For instance, fruits and dairy can be your child's mid-morning snack, and grains and vegetables can be eaten in the early evening

Be careful - a snack that claims to have "all-natural" ingredients does not always mean it is a healthy choice. For instance, canned fruit juices are high in sugar and calories, even though the sugar may be in an all-natural form.

It is possible to over-eat while snacking as well! Buy individual servings (or create smaller, calorie-controlled packets from larger bags) of snacks to prevent your child from eating too much at one time.

Encourage your children to snack often as it will prevent them from over-eating at any point during the day. We provide a few healthy snack options below (mix and match as you please!), but we would love to hear from you if you have any other suggestions or questions! Please write to us at ois@healthspring.in, or call 6130-3535 to speak with Dr. Khullar, who is the Healthspring paediatrician at OIS.

- Fruits (make these interesting by making a fruit salad, or fruit skewers for older children)
- Baked goods containing oats (Oat muffins, oatmeal cookies)
- Fresh fruit smoothie (can use juice, milk or yoghurt as the base)
- Wheat crackers with hummus or tomato salsa
- Popcorn (unsalted)
- Low-fat cheese
- Milk
- Nuts
- Raw vegetables
- Granola bars
- Dry fruits
- Yoghurt



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