Healthy “GO” snacks help your kids maintain energy and focus during the day

Snacks should be 200 calories or less.

Designate a regular window of time for an afternoon snack, like right after school, to prevent snacking too close to dinner or snacking too much.

The most healthful snacks, GO snacks, are made up of mostly GO foods like, fruits, vegetables, lean protein or peanut butter, whole grains, and low-fat or skim dairy products.

Kids who eat an appropriate number of health snacks are better, more focused learners!

Small snack when you’re a little hungry help us eat the right amount at meals. Fruits or veggies are perfect for this!

Chips, candy, cookies, and sugary or caffeinated drinks are not good choices.

GO foods are “whole foods” or those that are the least processed, lowest in salt and/or added sugars.

SLOW foods are between GO and WHOA foods.

WHOA foods are the most processed and are highest in unhealthy fats, added sugars, and/or salt.

SUGGESTIONS

Eat more GO foods than SLOW foods every day and WHOA foods only every once in awhile!

GO foods are “whole foods” or those that are the least processed, lowest in salt and/or added sugars.

SLOW foods are between GO and WHOA foods.

WHOA foods are the most processed and are highest in unhealthy fats, added sugars, and/or salt.

Kids who eat an appropriate number of health snacks are better, more focused learners!

Small snack when you’re a little hungry help us eat the right amount at meals. Fruits or veggies are perfect for this!

Chips, candy, cookies, and sugary or caffeinated drinks are not good choices.

Having cut-up fruits and vegetables in re-sealable bags will encourage kids to eat them (like small carrots with low-fat dip!).

Kids should be able to go 2-4 hours without food and not get hungry. It’s possible for kids to eat too many snacks! Limit portions and help your kids determine if they’re really hungry. Don’t let kids graze or snack continuously throughout the day. It’s too easy to consume too many calories this way.

Have your kids pair a GO snack with a GO beverage, like water or milk.

An afternoon GO snack can help your kids keep up their energy between lunch and dinner.

Having cut-up fruits and vegetables in re-sealable bags will encourage kids to eat them (like small carrots with low-fat dip!).

Kids should be able to go 2-4 hours without food and not get hungry. It’s possible for kids to eat too many snacks! Limit portions and help your kids determine if they’re really hungry. Don’t let kids graze or snack continuously throughout the day. It’s too easy to consume too many calories this way.

Have your kids pair a GO snack with a GO beverage, like water or milk.

An afternoon GO snack can help your kids keep up their energy between lunch and dinner.

Schools should make healthy snacking easy for kids by:

- Discouraging unhealthy snacking at school
- Ensure provided snacks are mostly GO foods
- Inform parents about any snacks given out to avoid over-snacking

Parents and Teachers! Make sure to be a good role model for your kids by eating and serving healthy GO snacks. They look up to you!

This information is brought to you by CATCH.
See our website www.catchusa.org for more information.

Designed by Allison Lazard