



## Healthy Snacks - Le Doyle Bistro

Doyle Bistro is promoting healthy snacks for healthy kids! In cooperation with the National Nutrition Service, we developed this menu of food recommendations that will be sure winners for classroom snacks.

### Handy Snacks

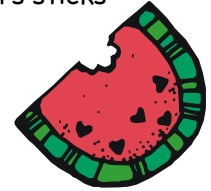
- **Low-fat pita and hummus** — Warm a pita in the oven on low, then cut it into small triangles. Dip it in a tasty, low-fat hummus. Hummus is available in yummy flavors like garlic and spicy red pepper.
- **Happy trails mix** — Combine 1 cup whole-grain toasted oat cereal with 1/4 cup chopped walnuts and 1/4 cup dried cranberries for a healthy trail mix.
- **Raw vegetables cut into slices or sticks** with a yogurt dip. (Mix your favorite dry salad dressing mix into plain yogurt to make a great tasting low-fat dip!)
- **Trail mix** made with several types of cereal, dried fruit and nuts or sunflower seeds
- **Baked chips**. Deep-fried potato chips typically get more than half of their calories from fat. Stock up on baked chips instead. A one-ounce serving of Kettle Crisps, for instance, gets just 15 of its 110 calories from fat. Baked tortilla chips are another good choice; you can find flavorful brands that get only a third of their calories from fat.
- **Light popcorn**. Some brands of microwave popcorn are swimming in butter or partially hydrogenated vegetable oil (which can clog arteries). But Orville Redenbacher's Light Natural Gourmet Popping Corn is surprisingly low in fat and, like all popcorn, high in fiber.
- **Granola bars**. A great alternative to a gooey candy bar, a sweet, crunchy granola bar has fiber and far less fat.
- **Sunflower seeds**. High in fiber and protein, sunflower seeds are a powerhouse for growing kids. Sure, they're relatively high in fat, but most of it is monounsaturated, the healthful kind found in olive oil and nuts.
- **Fruit bars**. Fig Newtons are low in fat and provide fiber and potassium. Raisin biscuits are another great choice. Only 20 percent of their calories come from fat, and the best brands are loaded with those crinkly iron-rich bits of sweetness.
- **Ants on a log** — Spread peanut butter\* on celery sticks and top with raisins
- **Nuts\***. It's a bum rap: Nuts are high in fat, but it's a kind that's as good for the heart and arteries as olive oil. (The exception is macadamia nuts, which are high in saturated fat.) Nuts are also loaded with protein and essential vitamins and minerals — and they're wonderfully filling. You might want to toss together a trail mix of peanuts, raisins, and low-fat granola to keep on hand.

\* please check with teacher about nut allergies in classroom



## Snacky Lunches

- **Mini pizzas** — Spoon pizza sauce onto half a bagel, English muffin, or mini pita. Top with low-fat mozzarella cheese and your favorite veggies and toast or bake at a low setting until the cheese is melted and the bagel is crispy.
- **Fruit kabobs**
- **Veggie bowls** – peppers cut in half and filled with carrot, celery and peppers sticks in one half and dip in the other half.
- **English muffin pizzas** with pineapple or tomato slice, mushrooms, etc.
- **Baked potatoes** with chili beans or broccoli and cheese.
- **Tortillas and beans**



## Sweet Desserts

- **Banana ice** — Peel several very ripe bananas, break them into 1-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.
- **Healthy ice pops** — Freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays.
- **Waffles topped with fresh fruit.** Choose fruits that are in season.
- **Yogurt and fruit** topped with cereal (yogurt sundaes).
- **Yogurt grahams.** (Spread fruit-flavored yogurt on a graham cracker square, top with a second square. Wrap in plastic wrap and freeze.)
- **Frozen fruit bars.** The best of these frozen treats contain chunks of real fruit — orange, pineapple, peach, and banana, to name a few. They're a great, fat-free summer refresher.
- **Frozen grapes.** If your child resists eating fruit, try keeping a bowl of rinsed grapes in the freezer. They're rich in antioxidants — and freezing seems to transform them into bonbons in the eyes of kids.
- **Fudgsicles.** The classic American frozen treat deserves high praise. One bar has just 90 calories and only about a gram of fat.
- **Raisins.** Loaded with antioxidants and high in carbohydrates (an immediate source of energy), raisins are also high in fiber and iron. Plus, kids love those little single-serving boxes.

## Slurpy Beverages



- **Fruit juice.** Make sure it's 100 percent fruit, with no added sugar, and you'll give your child the goodness of fruit in a tall, refreshing glass.
- **Energy drinks.** On a hot day when your kid just won't slow down, a sports drink like Gatorade can stave off dehydration. Some children who resist drinking water will happily gulp one of these sweet-tasting drinks.
- **Fruit shakes.** Whip together a banana, a splash of fruit juice, and a handful of berries in your blender, and you've got a nutritious shake. You can add yogurt for more protein and calcium. For the best consistency, freeze the fruit beforehand or use frozen yogurt.