

Pre-Teen Nutrition

Healthful snacks

What do you feed your child in between meals? How much and how often?

Children (and adults) often start to get cranky if they have to go more than 4 hours without eating. Here is a list of snacks that are healthful and just the right size!

- An apple plain or with caramel dip
- A banana plain or with peanut butter
- Yogurt
- String cheese
- A snack bag ½ full with homemade trail mix or dry cereal
- A glass of milk

Simple Trail Mix:

1/3 cup dry cereal, 1 tablespoon raisins, 1 teaspoon mini chocolate chips, 1 tablespoon of nuts.

No Time for Breakfast...

We have all heard that breakfast is the most important meal of the day. Here are so reasons why breakfast is so important:

- Brain Power! Eating breakfast will make it easier to concentrate at school. This will help you get better grades, be more creative, work faster, make fewer mistakes.
- Feel Better! Eating breakfast will reduce the chance that you have a headache or stomach ache in the morning. This means fewer trips to the nurse's office and better school attendance.
- Improve your Mood! We can all get a little cranky when we are hungry. This can lead to conflicts with classmates. Eating breakfast will help improve your mood so you can get along better with everyone.

Top two reasons kids say they do not eat breakfast.

#1. I do not have time to eat breakfast in the morning.

- Try foods that you can grab and go.
 - Protein Bar
 - Bagel with peanut butter or cream cheese
 - Carnation Instant Breakfast
 - Peanut butter toast
 - Banana and String Cheese
 - Sandwich (peanut butter and jelly or turkey and cheese...)

#2. I am not hungry when I wake up.

- Bring Breakfast with you to eat on your way to school
- Try eating breakfast for one week and see how you feel. Are you starting to get hungry earlier? Do you have more energy?

The Advantages of Healthy Snacks

Children who eat balanced snacks pay attention longer in class, make fewer mistakes on tests and generally have fewer behavioral problems.

As parents, we know the challenge of coming up with healthy snacks that your child will actually eat. To generate ideas for snacks tailored to your child's preferences, create two lists with your child. For an energy-boosting snack, combine small amounts of protein with carbohydrates.

One list should contain their favorite carbohydrate-rich foods and the second list their favorite protein-rich foods. Then create an anytime healthy snack by selecting one serving from each list.

Carbohydrate Foods

Vegetables, cut into sticks, slices

Fruit

Dried fruit

Popcorn

Dry whole grain cereal

Graham crackers

Low fat whole grain crackers or pretzels

Whole grain bagel, bread, tortilla, low-fat tortilla chips or baked chips

Protein-Rich Foods

String cheese

Low-fat yogurt

Low-fat cottage cheese

Low-fat milk

Low-fat cream cheese

Peanut butter (and other nut butters)

Nuts and seeds

Hard-boiled egg

Sliced turkey or other low-fat meat

Hummus

So give your child the added advantage of a snack. Remember, healthy snacks are important for good nutrition and key to helping your child perform well throughout their school day.

Produced by ADA's Public Relations Team and ADA National Spokesperson Jeannie Gazzaniga-Moloo, PhD, RD

Children's Menu or Regular Menu?

Your pre-teen may be at that age where they are tired of ordering from the kids menu. Children's menus aren't limited to grilled cheese sandwiches, chicken nuggets, hot dogs and burgers any more. More restaurants feature vegetables and fruits as kids' options, making healthful eating away from home easier to achieve.

Keep an eye out for lean meat and vegetarian entrees and side dishes like steamed broccoli, fruit cups and carrot sticks. Complete the meal with a glass of low-fat milk. And if you can't find a children's menu item that satisfies both your child's palate and your parental instincts, you can always share a healthy item from the regular menu.

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