



NEAT Fact Sheet

"Cooking Healthy Summer Snacks"

Looking for ways to make the summer more healthy and tasty? Here are some creative ideas to help do the trick!

- **Rice Bowls**- leftover rice and veggies in a microwave safe bowl; heat it up in the microwave and enjoy
- **Fruit Dippers**- use any of your favorite fruits with yogurt as a dipping sauce
- **Snack Casseroles**- portion leftovers into single serving microwave safe containers to reheat or eat cold
- **Salad in a bag**- place your favorite salad ingredients with a small amount of low fat or fat free dressing, close and "toss"
- **Milk Mixers**- mix 2-3 tablespoons of your favorite instant pudding mix in 8 oz. of low fat milk

Here are some great tips to help you make great healthy summer snacks!

- **Talk with your parents!** They are getting the food for you, so talk to them about getting healthy snack items for you like fruits, veggies, whole wheat crackers and yogurt.
- **Remember to plan ahead!** This will cut down on the number of unhealthy snack choices and inspire more tasty and healthy foods!
- **Eat unhealthy snacks in moderation!** Every once in a while, it is perfectly ok to grab a sweet or salty junk food, but make sure it is balanced by eating healthy snacks too!
- **Enjoy your food!** Take the time to eat your snack slowly, noticing and enjoying all of its great flavors. This will help your body digest better and control how much you're eating too!
- **Snack when you're hungry, not bored!** This is an easy way to add on some unwanted weight, so be creative and try to eat just when you're hungry!

