

Food Fit ^{for a} Kid: Snack Ideas with Dairy!

Including dairy foods as snacks between meals is a healthy way to keep hunger in check and stay energized. Three servings of dairy per day provides many nutrients to improve overall health and can help maintain a healthy weight.

Milk~It!

- Mix low-fat strawberry milk with strawberry slices and freeze in a popsicle container.
- Fat free flavored milk is a perfect anywhere you go- just take, shake, and sip!
- Blend a cup of fat-free milk with frozen raspberries and sweetened cocoa.
- Blend low-fat strawberry milk with banana slices and ice.
- Dip a few graham crackers into a cold glass of low-fat milk.
- Blend your strawberry milk with fresh bananas and ice.
- Enjoy low-fat vanilla milk with a bowl of fresh berries.

- Roll cheese into a whole-wheat tortilla and dip in salsa.
- Mix ½ cup of cheese shreds with popcorn and pretzels.
- Layer low-fat cheese and smoked turkey onto crackers.
- Top a tostada with fat-free refried beans and reduced fat shredded cheese.
- Melt a slice of reduced fat cheese over canned chicken on an English muffin.
- Alternate small slices of apples and reduced fat cheese on skewers.
- Wrap a slice of cheese, turkey, and Dijon mustard in lettuce leaves.
- Pack light string cheese into your bag for an energizer.

Say Cheese!

Yon~Yogurt!

- Mix low-fat blueberry yogurt with fresh blueberries or raspberries.
- Top low-fat vanilla yogurt with a few crushed pecans and cinnamon.
- Mix fat free yogurt with a dollop of honey for a sweet fruit dip.
- Blend fresh orange slices with strawberry yogurt and ice.
- Blend mango, low-fat yogurt and a splash of pineapple juice.
- Try pieces of angel food cake with low-fat strawberry yogurt.
- Freeze squeezable yogurt for a quick and creamy popsicle.
- Enjoy your favorite flavor of drinkable yogurt on the go.

An initiative of the
Ottawa County Health Department
to ensure a healthy future.
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