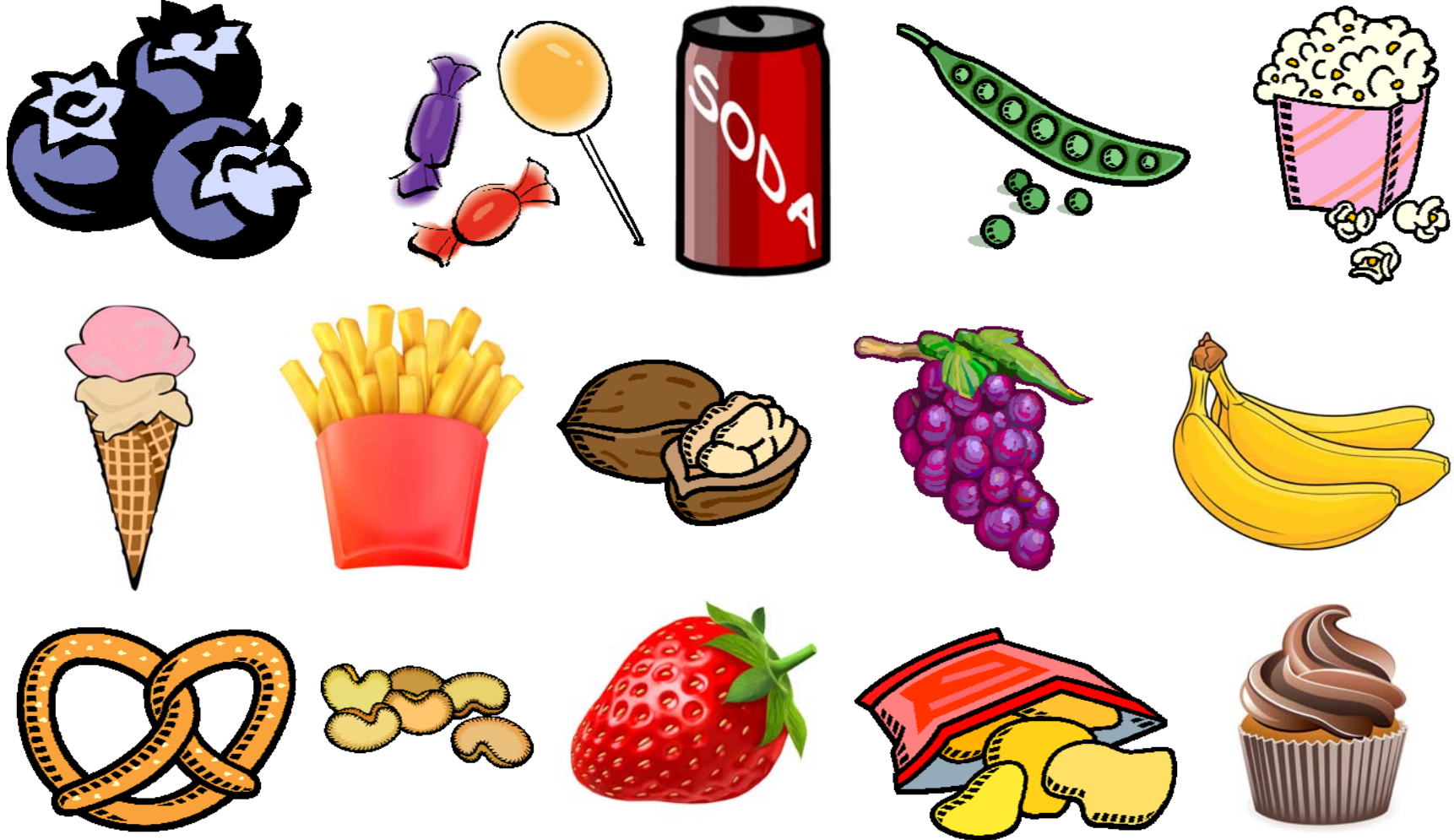


# Snacks or Treats?

Snacks are foods that support good health – like the meals we eat they should be healthy foods that protect our health and prevent the diseases like heart disease, cancer, type 2 diabetes, and obesity that can be caused by some of the foods we eat.

Treats are foods that may be eaten once in awhile – not every day! There are really healthy foods that are a delicious treat! For example, you can make “ice cream” with frozen bananas and frozen fruit in a food processor, and you could eat it for breakfast every morning because it is that healthy! You may need to add a small amount of non-dairy milk to get it to blend.

**Circle the snacks and put an “X” through the treats.**



**Snacks** - blueberries, peas, walnuts (without added salt, oil, or sugar), grapes, bananas, cashews (without added salt, oil, or sugar), strawberries

**Treats** - candy, soda, ice cream, French fries, pretzel (processed white flour and high sodium), potato chips (fried or baked), cupcake

**Trick question** - popcorn (if it is popped in a hot air popper and served plain or with a small amount of healthy fats, it is a healthy treat. If it is from the movies, or microwavable, or loaded with butter or margarine, then it is a treat.)