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.

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 microwaveable, or loaded with butter or margarine, then it is a treat.)

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

Treats - candy, soda, ice cream, French fries, pretzel (processed white flour and high sodium), potato chips (fried or baked), cupcakes, blueberries, peas, walnuts (without added salt, oil, or sugar), grapes, bananas, cashews, raisins, strawberries

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