

Kids' Snacks: Don't Ban--Plan

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Snacking is essential for young children, and pediatricians recommend frequent mini-meals for children under the age of 10. To make sure your kids are getting the most out of snack time don't ban or plan. For fun, fast and healthy snack ideas visit 3aday.org.

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Children are snacking more than ever! In fact, statistics show snacking between meals is the source of nearly 25 percent of kids' daily energy needs. Unfortunately, with mounting obesity concerns some parents may consider banning snacks, but snacking is an essential part of a balanced diet. To receive fun and healthy snack ideas call 1-800-241-MILK or 6455. Or, visit the 3-A-Day Web site at 3aday.org.

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When you consider that statistics show snacking between meals is the source of nearly 25 percent of kids' daily energy needs, it's clear that snacking is important for growth and development. Fortunately today, snacking can be healthy for kids and quick and easy for parents to prepare. Providing healthy choices such as fruits, vegetables, whole grains and low-fat dairy for children today will help them learn to make healthy food choices in the future. And don't forget that healthy snacking starts with role models, so be a good role model by eating from the five food groups, including milk, cheese and yogurt. To receive fun snack recipes, call 1-800-241-MILK, or visit the 3-A-Day Web site at 3aday.org.