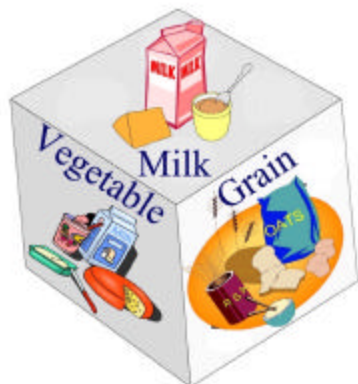


FUN & GAMES

© Fishing for Nutrition



© Roll a Snack



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HEALTHY SNACKS MAKE HEALTHY KIDS



University of Arkansas, United States Department of Agriculture, County Governments Cooperating

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Healthy Snack Ideas:

- © Choose snacks from the lower levels of the pyramid
- © Involve children in snack preparation
- © Eat a variety of snacks



Some Healthy Snack Ideas:



Fresh Vegetables

Graham Crackers



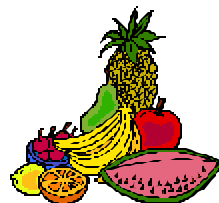
Pretzels

Cereal



Cheese & Crackers

Fresh Fruits



A Balanced Diet & Exercise Help Children:

- © Grow & learn
- © Maintain a healthy weight
- © Avoid certain diseases
- © Feel good about themselves