

FITNESS FUN @ WCA

1 Corinthians 6:19-20

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your



Healthy Snacking

Between school, homework, sports, and extra-curricular activities, it can be difficult to snack healthy. However, it is important that we offer our children healthy alternatives to the high sugar, high sodium foods that are available. Snacks are important for children. According to an article on LIVESTRONG.com by Adam Cloe, “Because their bodies are growing, children need to get enough calories each day to allow them to build more tissue...Healthy snacks provide extra energy and can also provide essential vitamins and nutrients to fuel the developing body. Most children need two to three healthy snacks each day in addition to three meals.” The following is a list of healthy snacking tips:

- ✓ Don't buy junk food – If you don't have cookies, chips, candy bars, sodas, etc., then your child will not ask for them. Set a good example and eat healthy snacks as a family!
- ✓ Go for whole grain – Choose foods made with whole grains to help provide good energy.
- ✓ Mix things up – Offer healthy dips such as yogurt, hummus, and nut butters for your child to dip their fruits and vegetables in.
- ✓ Expand the choices – Offer your child a variety of foods such as avocado, mango, pineapple, nuts, etc.
- ✓ Sweeten things up – Instead of using processed sugar snacks, sweeten snacks with honey, or even fix healthy fruit smoothies.
- ✓ Have fun – Offer your child a toothpick instead of a fork to eat with during snack. Make fruit kabobs or even vegetable kabobs to enjoy.
- ✓ Check nutrition labels – Watch for gimmicks on low-fat or fat-free items. These items can be full of sodium and processed sugars. Always read the labels!
- ✓ Promote H₂O – Encourage your child to choose water as their beverage and avoid the sugary juices and sodas.

Start now making healthier choices when snacking. You and your child will reap the benefits!

Happy Healthy Snacking! ☺

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