

Tips for Healthy Snacks During Winter Break

Having your kids home during winter break can be overwhelming. Work, holiday planning and gift shopping will take most of your time. Cooking and taking care of your kids can be difficult, and sometimes the easiest option is to buy easy-to-make and processed foods as they tend to take less time to prepare. Processed and fast foods are often loaded with sugars, fats, and high in sodium. These foods are linked to obesity and chronic diseases and should be avoided. Serving healthy snacks to children is important as they provide good nutrition and help to prevent diseases, below are tips to keep in mind when feeding your kids this holiday season.

- **Serve fruits and vegetables:** According to My Plate, half of your plate should be filled with fruits and vegetables as they provide essential nutrients for your body.
- **Choose variety of colors:** Choosing a variety of colors will help you target different food groups.
- **Shop foods in season:** Purchasing foods that are in season will be cheaper and tastier.
- **Be creative:** Using your imagination with food might catch your child's attention and possibly increase their appetite.
- **Involve kids in food prep:** Encouraging your kids to help while preparing their food or picking food at the store will give them a sense of pride and be more cooperative.



Happy holidays!

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