



Snack Facts

Snacks are OK...if you don't eat them too close to mealtime. Snacks from the five main food groups of the Food Guide Pyramid give you the nutrients and energy you need to perform on the ball field or in the classroom. Snacks from the tip of the Pyramid — chips, candy and soft drinks — are OK sometimes, but not all the time.



Try this recipe at home.

A Super-charged Snack Pyramid Power

From the kitchen of: _____

Serves: _____

Ingredients:

- 1/2 banana
- 1/2 cup lowfat milk
- 1/2 cup frozen vanilla yogurt
- 2 tablespoons peanut butter (optional)

Directions:

Mash banana with fork. Put the milk, frozen yogurt and peanut butter in jar with tight-fitting lid. Shake until blended (or use blender). Add banana. Shake or blend again. Serve.

Nutrient analysis: Calories - 237; protein - 8 gm; fat - 4 gm; cholesterol - 15 mg; saturated fat - 2 gm; dietary fiber - 3 gm; protein - 13% of calories; carbohydrate - 71% of calories; fat - 16% of calories; sodium - 92 mg; calcium - 221 mg.



Seek the Snack Treasures from the Pyramid

Fill in the blank letters of the snacks in each food group. Then, transfer the numbered letters to the words below to see the secret message.

Candy (Candy)

Soft Drink (Soft Drink)

Milk (Milk)

Yogurt (Yogurt)

Dilled Egg (Dilled Egg)

Pudding (Pudding)

Sandwich (Sandwich)

Hot Chocolate (Hot Chocolate)

Carrots (Carrots)

Banana (Banana)

Ban Dip (Ban Dip)

Raisins (Raisins)

Apple (Apple)

Vegetable Pizza (Vegetable Pizza)

100% Juice (100% Juice)

Trail Mix (Trail Mix)

Rice Cakes (Rice Cakes)

Cereal (Cereal)

Crackers (Crackers)

Popcorn (Popcorn)

Prezels (Prezels)

1 2 3 4 5 6 7 8 9 10 11

12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28

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 Pub. 2682 (4M) 7/01 Rep.

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Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.