



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.

Top Section (Yellow):
 Cand₂₃
 S₅ft Drin₁₁

Middle Section (Orange):
 Yogur₇
 D₂viled Egg
 Puddi₂₅g
 S₁₅am
 S₉nd₁₂ich
 Hot C₁₇ocolate₂₂
 Ca₈ro₁₄s
 B₃an Dip
 R₁₉isins
 Ap₄le
 V₁₈ggie P₁₃zza
 100 % Jui₁₀e

Bottom Section (Brown):
 Trai₂₀Mix
 Rice Ca₂₈es
 Cere₂₆l
 Crac₁ers
 Pop₂₇orn
 Pre₂₁zel₂₄

Letter Grid:
 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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