

Soundbite Script – Healthy snacks for kids

Nicole O'Neill, dietitian, OSF HealthCare

"They need fuel, so you have to give them good fuel. Things like protein, fiber and fats are going to be the most important part. And remember, their little bellies are smaller than ours, so they can't eat three square meals and have just enough. They probably need a snack, especially if they get up earlier now than they did in the summer. If their lunch hour is earlier than noon, if they play sports, if they have a gym class, snacks are important for kids." (:31)

Nicole O'Neill, dietitian, OSF HealthCare

"I personally recommend, for snacks, apple and peanut butter. That is an easy win right off the bat. I do like the fruit cups in fruit juice, but you need to pair that with something that has a little protein or fat, like a cheese stick. Cheese and crackers is a great option." (:16)

Nicole O'Neill, dietitian, OSF HealthCare

"Still get their input, see what they like, see what appeals to their eyes, and try it at home before you send it to school. Make sure they genuinely, truly like it." (:9)

Nicole O'Neill, dietitian, OSF HealthCare

"When you go to the grocery store, it's important to pick good things, not just candy, not just chips, which those do have a role in a normal diet. You can't eliminate all of that all the time. But if we're going to have a snack every single day after school, it needs to be a beneficial snack that gives nutritional value." (:20)