

Kids' Corner

Eating Between Meals

Snacking is okay, when it's done the right way

WORRIED THAT SNACKING WILL RUIN YOUR CHILD'S APPETITE FOR REGULAR MEALS, OR EVEN ENCOURAGE A WEIGHT PROBLEM? Consider this: Children have small stomachs that only hold so much food. That means they digest the food they eat faster than adults do, and need a steady stream of calories to maintain energy throughout the day. Eating just three main meals makes it hard for most of them to get all the calories and nutrients they need. The solution to keeping their tummies satisfied and their engines going at full throttle? Make nutritious snacks a regular part of your child's daily diet.

Research shows that children who snack usually have leaner bodies and are better nourished than their non-snacking friends. Children who eat when they're hungry learn to stop when they're full, because kids have a natural ability to regulate the amount of food they need.

Just as it is important for you to choose healthy snacks for your kids, it's also important to teach them to recognize what foods are healthy—and enjoy them. Learning good eating habits like this when kids are young will help them eat sensibly all their lives. According to research done at the University of Illinois at Urbana-Champaign, if kids constantly snack on foods that are high in fat and calories, they will be less likely to eat foods they may not be as fond of, such as fruit or vegetables.

To build good snacking habits, teach your kids that snacks are energy-boosters, not full meals. After they eat a snack, they should feel satisfied but not stuffed. To help promote this idea, stock your pantry and refrigerator with foods that are filling and full of flavor, yet light. Let your kids know which snacks they are allowed to eat anytime, and which snacks they can have only once a day.

ANYTIME. Low-fat foods that are rich in vitamins, minerals, and



A HIGH-ENERGY SNACK: PITA PEOPLE TOPPED WITH SLICED HAM, PEPPERONI, OR HOT DOGS; BITS OF BELL PEPPER; OLIVES; AND ZUCCHINI, BROCCOLI, OR PINEAPPLE. RECIPE IS ON PAGE 77.

fiber are great. Try nonfat yogurt with fruit, unsweetened applesauce, seedless raisins, dried cranberries, baby carrots, fig bars, graham crackers, instant oatmeal, or rice cakes.

AFTER-SCHOOL OR MID- TO LATE-AFTERNOON SNACKS. These once-a-day snacks should have a little more substance, to make up for calories expended during an active day. Individual containers of nonfat cottage cheese, nonfat pudding, and canned light tuna packed in water (served with crackers) are good, as is nonfat refried bean dip with fat-free tortilla chips.

AFTER A SPORTS PRACTICE OR GAME. To recover, kids need potassium- and protein-rich foods. On these super-active days, good options are orange juice with calcium, a fresh banana or orange,

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trail mix, or peanut butter on whole-wheat bread.

Serving these nutritious foods should help get your kids interested in eating healthy snacks, but the best way to teach them to be savvy snackers is to let them prepare nutritious goodies for themselves. Let them help make these fun after-school snacks.

TOASTED PITA PEOPLE

PREP AND COOK TIME: 15 to 20 minutes

NOTES: To make cleanup easy, you may want to line the baking tray with foil to catch any drips of cheese or sauce. After cooking, you can just throw the foil away. For easy vegetable toppings, use frozen Safeway SELECT vegetables. Whether you choose broccoli, carrots, petite whole corn, etc., defrost the amount you need in a colander under cool running water. Drain well, then pat dry with paper towels before using. You can also make this in a conventional oven preheated to 425°.

MAKES: 1 serving

Basic Pita

- 1 white or whole-wheat pita bread (5 in. in diameter)
- 2 tablespoons Safeway SELECT Verdi Pizza Sauce
- 2 tablespoons finely shredded two-cheese blend
- Fruit, vegetable, and meat toppings, such as hot dog slices, pineapple slices, or bell pepper pieces

1. Remove baking tray from toaster oven. Preheat toaster oven to 425°.
2. Put the pita on the toaster-oven baking tray. Using a spoon, spread the pizza sauce on top of the pita, then sprinkle it with the cheese.
3. Make a face on top of the pizza sauce and cheese with toppings (see photo on page 74).
4. Put the baking tray in the preheated oven and bake 5 to 7 minutes, or until the cheese is melted and the pita is toasted around the edges.
5. Using pot holders, remove the baking tray from the oven and cool 2 to 3 minutes. Use a metal spatula to transfer the pita from the baking tray to a plate. Serve immediately.

Per serving: 228 cal., 20% (46 cal.) from fat; 9.1 g protein; 5.1 g fat (2.5 g sat.); 36 g carbo (1.0 g fiber); 504 mg sodium; 13 mg chol.

MEXICALI MICROWAVE TORTILLA ROLLS

PREP AND COOK TIME: 10 to 15 minutes

NOTES: This recipe was created for an 800-watt microwave oven. If your oven wattage is higher (900 to 1000 watts), you may need less cooking time. To prevent the tortilla roll from getting soggy and the filling from splattering the oven as it cooks, cover it loosely with a paper towel before starting the microwave.

MAKES: 1 generous serving, or 2 servings when cut in half

- 1 99% fat-free flour tortilla (10-in. size)
- ½ cup low-fat refried beans
- ¼ cup Safeway SELECT Mild Southwest Salsa
- ⅓ cup finely shredded Mexican four-cheese blend



BECAUSE THEY HAVE SMALL STOMACHS, KIDS NEED TO EAT OFTEN. LOW-FAT FOODS LIKE FRESH FRUIT, SEEDLESS RAISINS, AND GRAHAM CRACKERS ARE OKAY TO EAT ANY TIME OF DAY.

- 2 thin slices Safeway SELECT Primo Taglio Salsa Turkey Breast (about 1 oz.)

1. Put the tortilla on a clean, flat surface such as a large cutting board.
2. Using a spatula, spread the refried beans evenly over the tortilla, and then evenly spread the salsa over the bean layer.
3. Sprinkle the salsa layer with cheese and lay the turkey slices over the cheese in one layer.
4. Starting with the side closest to you, gently roll the tortilla. Place the tortilla roll seam-side down on a microwavable plate. Put the plate in the microwave and cover with a paper towel. (Tuck the ends under the plate so the moving air in the microwave won't blow it off.) Microwave on high (100% power) for 1 minute and 25 seconds. Open microwave and peek under towel to check that filling isn't oozing out of roll. Continue cooking on high for 30-second intervals, checking after each, until warmed through and cheese has melted (about 1 minute more).
5. Using pot holders, remove the plate from oven and allow to cool for 2 minutes, or until you're able to handle it. Cut in half and serve immediately with extra salsa and sour cream on the side. Eat out of hand or use a knife and fork.

Per serving: 445 cal., 26% (116 cal.) from fat; 26 g protein; 13 g fat (7.9 g sat.); 55 g carbo (8.0 g fiber); 1,658 mg sodium; 43 mg chol.

by HOLLY RUDIN-BRASCHI