

Kid Nutrition



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KID-FRIENDLY SNACK TO FEED GROWING, HEALTHY BODIES

Fueling kids with proper nutrition is a tough job!

As a parent and dietitian, I know the challenge of coming up with snacks that are both nourishing and appealing to kids. When it becomes overwhelming, I remind myself of two main goals – to supply nutrients needed for a healthy growing body and brain, and to foster a positive relationship with food and eating. Balanced snacks play a big role in the day to day life of little ones. Snacks offer a chance to fill up on necessary nutrients to help meet daily recommended intake levels that support proper physical growth and cognitive development. Balanced snacks can also help to stabilize blood sugar and provide steady energy, which may help regulate mood and promote positive behavior.

What makes a snack “balanced?” Walking down the “Snacks” aisle at the grocery store you’ll notice many pre-packaged items for kids lack fiber, protein, and healthy fat, and are loaded with refined flour and added sugars. The pairing of Medjool dates with proteins and fats offer the same convenience of pre-packaged items but packs the nutrient punch little ones need for their busy body. When offering healthy snacks to kids, aim for the specific combination of fiber, like that found in Medjool dates, with protein or healthy fat, to leave your child feeling full and energized! Try these simple-to-assemble kid-friendly snacks!



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STUFFED DATES ANY WAY

Get your child involved with this one! Slice a pitted date down the middle to create an open pocket. Fill the pocket with a nut or seed butter. Lay out several choices of toppings and let little ones customize their selection! Try coconut flakes, crushed nuts, chia seeds, mini chocolate chips, freeze-dried berries, and sprinkled cinnamon.

TRAIL MIX

Make a DIY mix by combining chopped dates with tasty mix-in's like pumpkin seeds, cashews, popcorn, dry cereal, crushed nuts, shredded coconut, and dark chocolate chips. Throw the mix in a jar or snack bag to take on-the go!

KID'S CHARCUTERIE STICK

Grab a large toothpick and slide on sliced dates, a cube of natural cheese, and a slice of prosciutto. The carbohydrate and protein combination satisfies as a perfect post-practice snack for recovery!

DATE PARFAIT

Layer plain yogurt with chopped dates, dry cereal, chia seeds, almond slices, and sprinkled cinnamon and enjoy! Tip: Assemble a few parfaits ahead of time and place at your child's eye-view in the refrigerator where they'll be most likely to grab when hungry as an after-school snack!

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MEDJOOL MILKSHAKE

Skip the sugar sweetened beverages and grab a blender to blend dates, banana, crushed ice, cocoa powder and reduced fat or non-dairy milk for a potassium and protein-packed milkshake! Tip: Blend the dates with liquid first, then add in the remaining ingredients for a smooth texture.

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