



From our February 2014 Newsletter

Protein Packed with Potential

With busy schedules filled with classes and after-school activities including therapies, your child's energy requirements are high. It's important to make snacks nutritious. High-protein foods are a building block to proper development. By providing tasty snacks that your children are eager to eat, you'll be helping to fuel their minds and bodies.

Here are a few easy, nutritious and energy boosting options:

- mini sandwiches filled with tuna salad, egg salad, low fat cheese, turkey, humus or nut butter
- low fat cheese sticks
- air popped popcorn
- tortillas filled with black beans, salsa and grated cheese
- yogurt with fruit dippers
- yogurt parfait layered with fruit and granola
- low fat cottage cheese with jam or cinnamon
- apples or bananas with natural nut butter
- whole grain crackers with cheese and fruit or veg
- fruit smoothies
- vegis with greek yogurt dip
- trail mix

Incorporating high protein foods into kid pleasing snacks helps children stay active, energized and adds vitamins, minerals and nutrients to their daily diet. Pediatric Potentials encourages healthy snacking by providing yogurts and cheese sticks in addition to our crunchy, sweet, spicy and chewy snacks.

Please note that: In response to parental concerns, snacks provided by PP will no longer contain nuts. Parents are reminded that they are responsible for monitoring their child's snack consumption at PP in light of their knowledge of their child's sensitivities.

Our thanks to Allison Topilow, MS, RD, CDN for these suggestions.

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