

Mayo Clinic Minute

After-school Snack Ideas

VIDEO	AUDIO
	Before kids hit the backyard or the books, it's best to hit the kitchen.
	You want to be able to have some good nutrition, so that kids can play after school or do their homework.
	Mayo Clinic pediatrician Dr. Vandana Bhide says the key with snacks is controlling blood sugar.
Title: VANDANA BHIDE, M.D. PEDIATRICS/INTERNAL MEDICINE Mayo Clinic	You don't want peaks of sugar in your bloodstream, because, then, you can, of course, you can be very down after that.
	To avoid those spikes, skip the sugary drinks and treats, and reach for snacks that combine healthy carbs and protein.
	Dr. Bhide suggests small snacks like peanut butter on apples; veggies and dip; sliced cheese on whole wheat crackers; pita chips with hummus; and, homemade trail mix with ingredients like low-salt nuts, low-sugar cereal and dried, unsweetened fruit.
	It allows a very constant level amount of sugar in your bloodstream – which provides good blood flow to the brain and to the muscles.
	And, that's good for getting back to work or heading outside to play.
Graphic: newsnetwork.mayoclinic.org	For the Mayo Clinic News Network, I'm Jeff Olsen