

Mayo Clinic Minute
After-school snack ideas

Video	Audio
Vivien Williams	After school, many kids come home ready for a snack. How can you be sure the grub they grab is nutritious? Here are three tips from pediatrician Dr. Angela Mattke.
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	“The first would be you supply many options.
Vivien Williams	The second tip is to prep ahead of time.
Angela Mattke, M.D.	“This is going to make them much more likely to choose a healthier snack if they don’t have to wash or peel, or cut the fruit or vegetable.”
Vivien Williams	The third is location. Display choices on the counter or keep them in the fridge. Keep your kids out of the pantry or cupboards where processed foods are stored. That way, they won’t make a less nutritious choice. Now what types of healthy options should you offer?
Angela Mattke, M.D.	“Cut up fruits and veggies with some hummus, so you’re getting the vegetables with hummus, which has protein in it, [or] a piece of fruit, such as an apple or banana with some peanut butter or some other nut butter.”
Vivien Williams	Low-fat cheese or plain yogurt with fruit and granola are other good options for nutritious after-school snacks. For the Mayo Clinic News Network, I’m Vivien Williams.

