

## Mayo Clinic Minute: Transforming snack time with healthy options

Video	Audio
	Whether in the classroom or on the playground, children need enough energy — and the right nutrition — to get them through the day.
TINA ARDON, M.D. FAMILY MEDICINE Mayo Clinic	7:16 "Food is really an important part of making sure our brains can work appropriately and as effectively as possible."
	Nutritious snacks can bridge the gap between meals. Pairing these nutritious snacks with the recommended amount of hydration makes a recipe for success.  When it comes to selecting foods, start by adding color to your plate.
	8:05 "Make sure you're getting plenty of fruits and vegetables in your diet. That's a great place to start with picking out healthy snacks. You can complement that with lean proteins, whole grains, to make that maybe a more exciting snack for your kids, as well."
	Plan and prepare snacks ahead of time. Sticking to a routine can help children become more comfortable with making healthy choices.
	9:49 "It's not uncommon for kids to be picky, and our job as parents is to help provide them the opportunities to try new foods and to open their minds to healthier options."
	For the Mayo Clinic News Network, I'm Alex Osiadacz.