

# WHEN AND WHAT KIDS EAT IN AMERICAN SAMOA

The Children's Healthy Living Center collected diet records in 2013 from 588 children, ages 2-8 years. Below shows when children eat foods like fruit, snacks, and sugary beverages throughout the day.

## Fruits



Fresh, frozen, canned (in water, juice or syrup) & dried fruits



Candy, Desserts (cookies, cakes, pies, doughnuts, puddings), Frozen desserts (ice cream, sorbet, frozen fruits bars, shaved ice), Crackers, Other snacks (cheese puffs, potato and tortilla chips, granola bars, trail mix), Popcorn

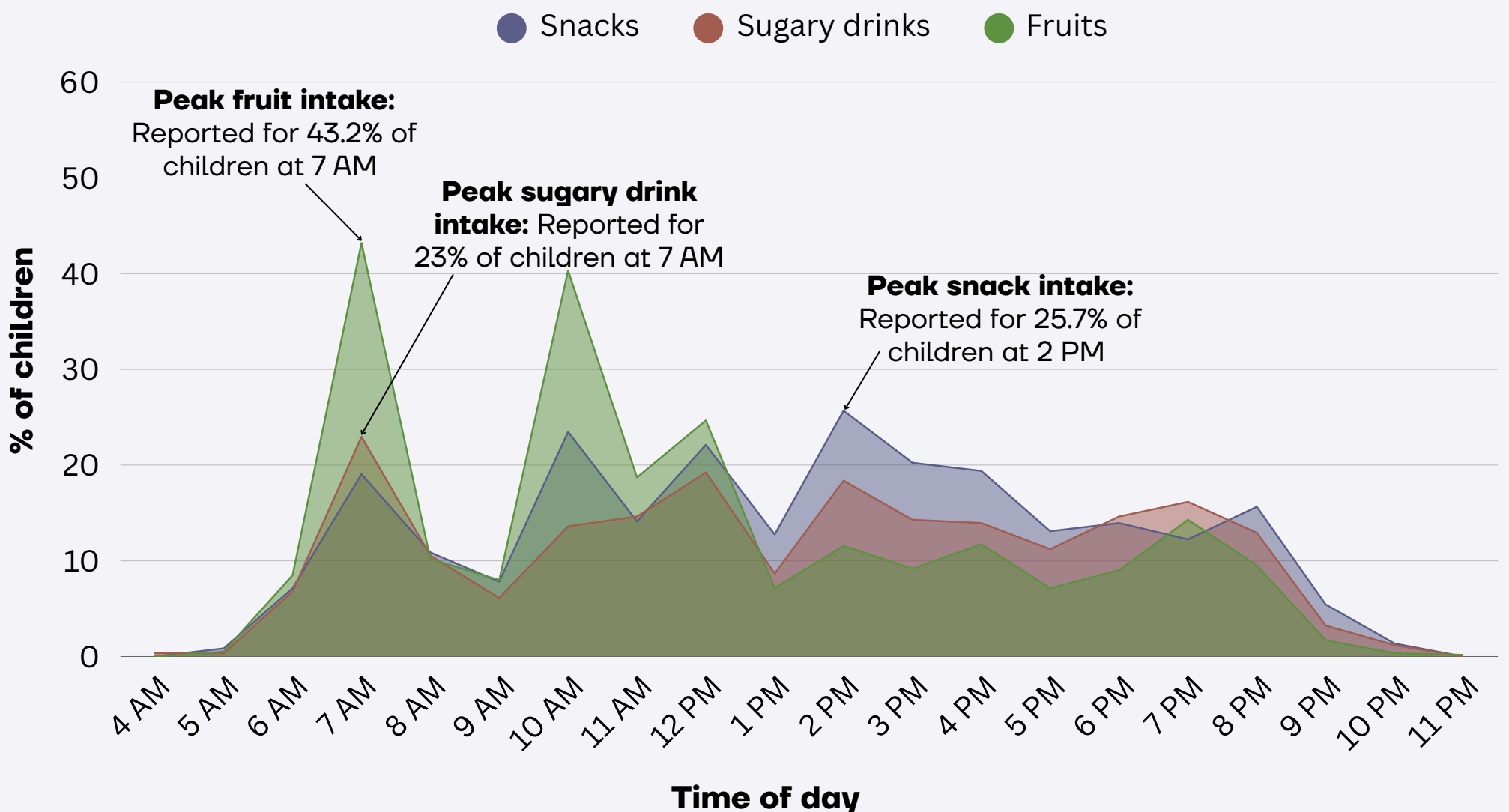
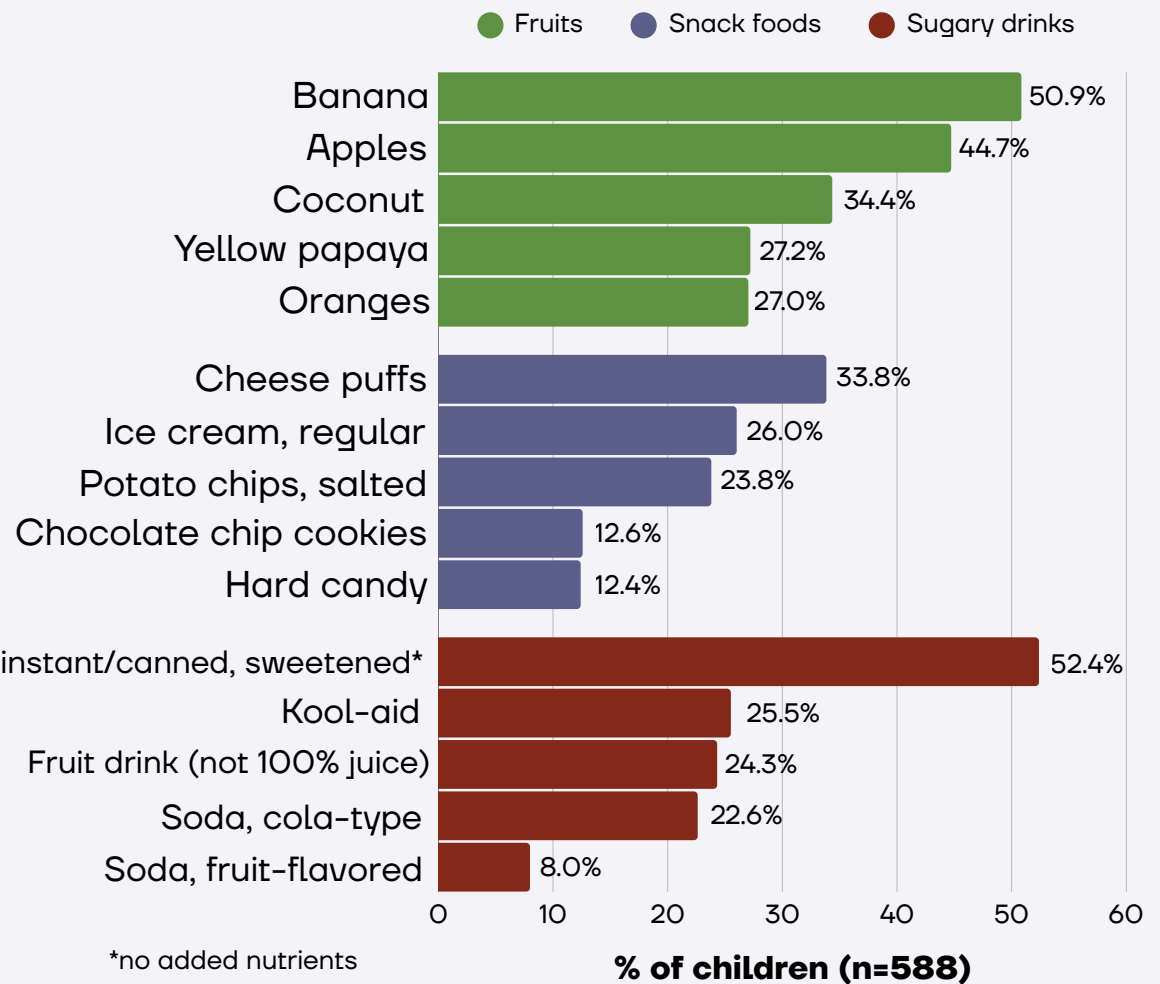


Soft drinks, instant/canned sweetened teas, chocolate drinks, sports drinks, fruit drinks & nectars

## Snack foods

## Sugary drinks

## Top 5 Consumed Foods by Food Group

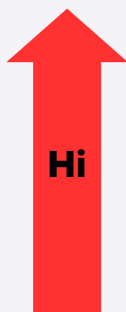


# SMART SNACKS FOR KIDS

Swapping out sugary drinks and typical snack foods for healthier options can help kids feel better and stay healthier in the long run!

Typical Snack Foods

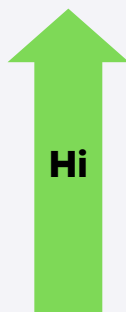
Healthier Swap



Added Sugar  
Saturated Fat  
Trans Fat  
Sodium



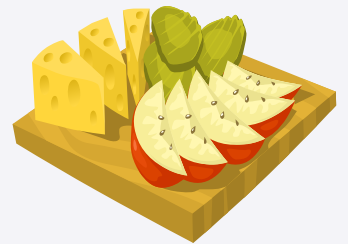
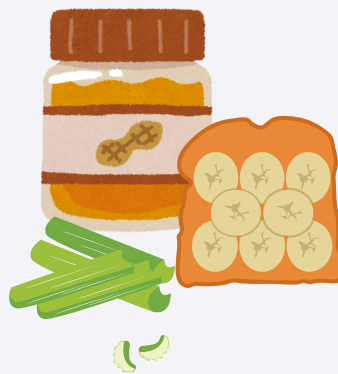
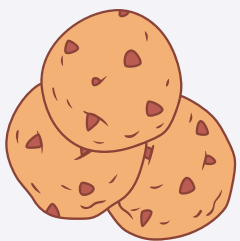
Calcium and  
other Minerals  
Vitamins  
Fiber



Calcium and  
other Minerals  
Vitamin C  
Vitamin A  
Vitamin D



Added Sugar  
Saturated Fat  
Trans Fat  
Sodium



Cheese Crackers

Potato Chips

Soda

Chocolate Chip Cookies

Ice Cream

Sweetened Tea

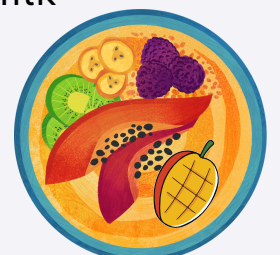
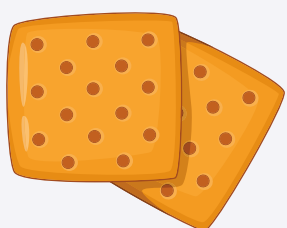
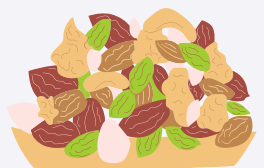
Butter Cookies

Fruit Punch

Candy



Water  
Boiled Eggs  
100% Fruit Juice  
Fresh Fruit  
Low-Fat String Cheese  
Peanut Butter  
Whole Wheat Toast  
Vegetable Sticks  
Low-Fat Yogurt  
Nuts and Seeds  
Dried Fruit  
Low-Fat Milk



# SMART SNACKS FOR KIDS

## Healthy Tips

### Healthy Snack Time

- ✓ Keep water and cups out at child-level all day.
- ✓ Prepare snacks ahead of time.
- ✓ Pack snacks in grab-and-go, ready-to-eat portion sizes.
- ✓ Choose whole grains, such as bread, crackers, or tortillas in snack recipes.

### Increasing Fruit Intake

- ✓ Serve fruit for dessert
- ✓ Blend up a fruit smoothie to enjoy with a meal
- ✓ Add fruit into yogurt
- ✓ Refrigerate pre-cut fruit in small containers at easy reach for children
- ✓ Keep a bowl of whole fruit on the table or counter

### Increasing Vegetable Intake

- ✓ Serve vegetables with dips or spreads
- ✓ Refrigerate pre-cut vegetables in small containers at easy reach for children
- ✓ Add spinach to fruit smoothies
- ✓ Modeling eating and enjoying vegetables encourages children to eat vegetables, too

Each day, children aged 2-8 need about:



**4-5 cups  
of Water**



**1-2 cups  
of Fruit**



**1-2.5 cups  
of Vegetables**

## More Helpful Resources!

**More from CHL:** <https://www.chl-pacific.org/extension-and-outreach-center/chl-food-systems/resource-materials/>

**Healthy Recipes from Hawai'i Nutrition Center:**  
<https://nutritioncenter.ctahr.hawaii.edu/hawaii-foods/>

