

WHEN AND WHAT KIDS EAT IN THE NORTHERN MARIANA ISLANDS

The Children's Healthy Living Center collected diet records in 2013 from 546 children, ages 2-8 years. Below shows when children eat foods like fruit, snacks, and sugary beverages throughout the day.

Top 5 Consumed Foods by Food Group



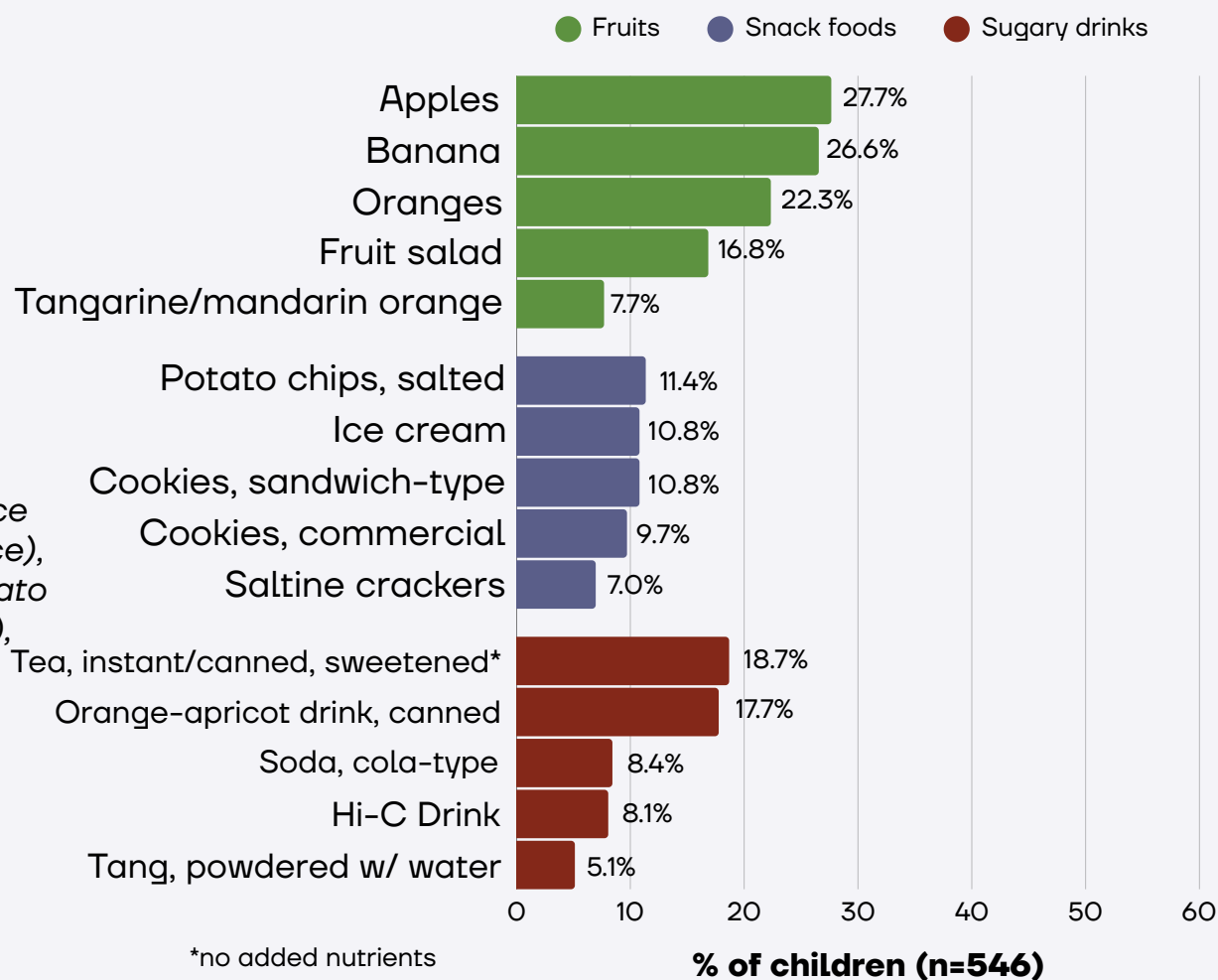
Fresh, frozen, canned (in water, juice or syrup) & dried fruits



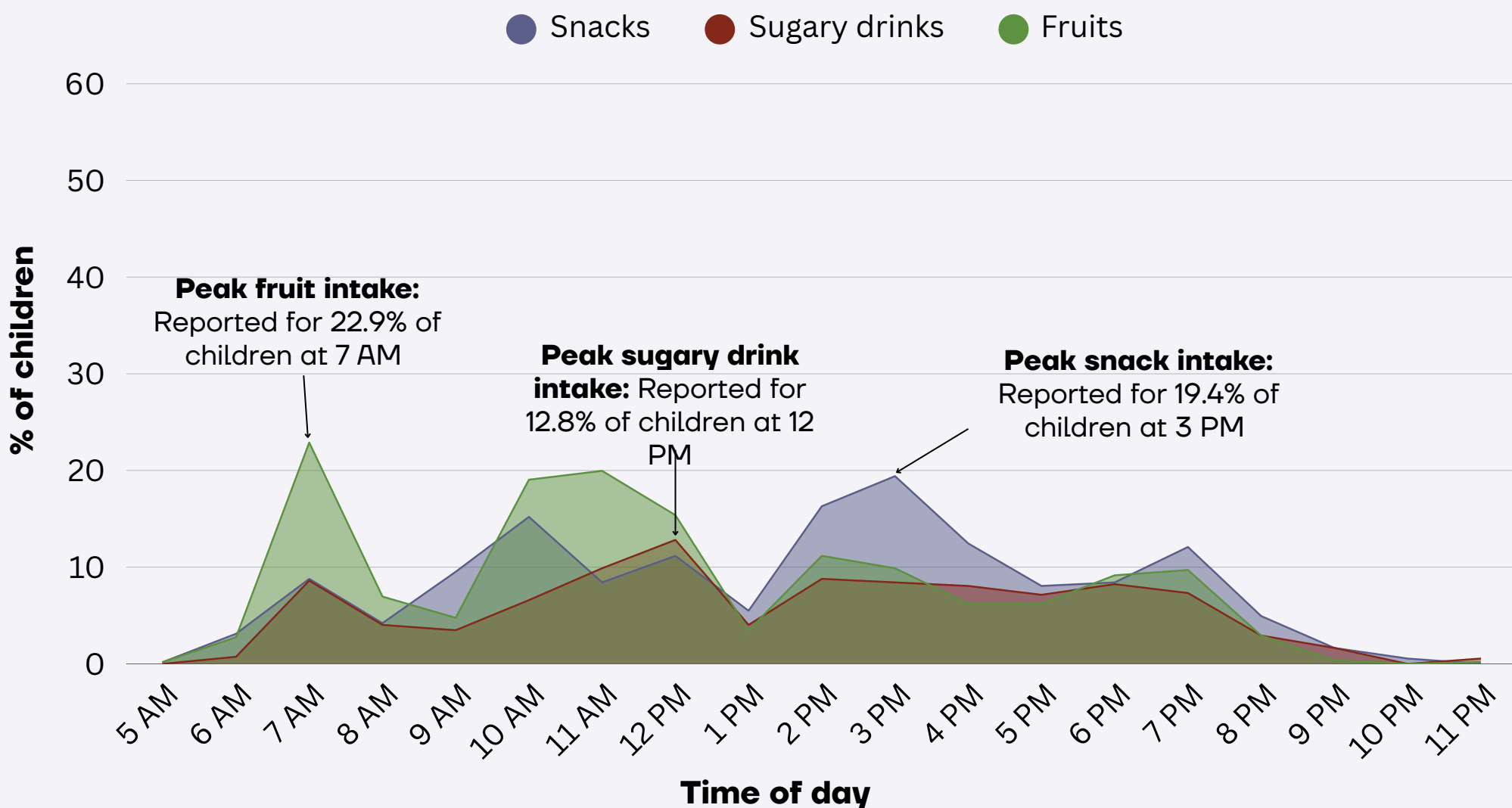
Candy, Desserts (cookies, cakes, pies, doughnuts, puddings), Frozen desserts (ice cream, sorbet, frozen fruits bars, shaved ice), Crackers, Other snacks (cheese puffs, potato and tortilla chips, granola bars, trail mix), Popcorn



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



Fruits
Snack foods
Sugary drinks

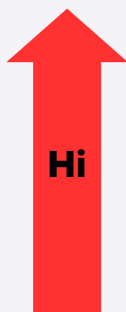


SMART SNACKS FOR KIDS

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

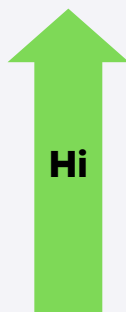
Healthier Swap



Added Sugar
Saturated Fat
Trans Fat
Sodium



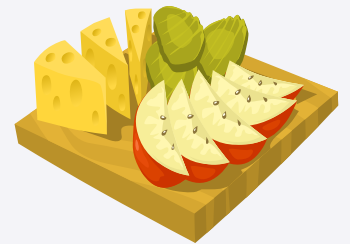
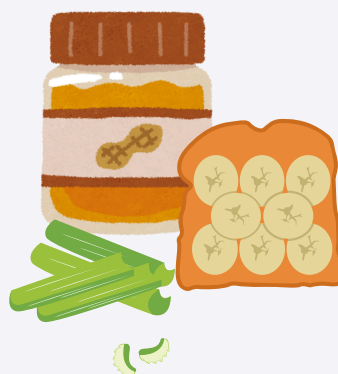
Calcium and
other Minerals
Vitamins
Fiber



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

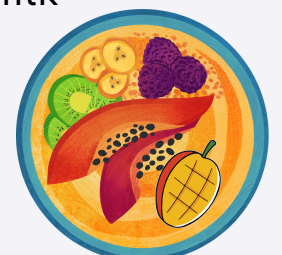
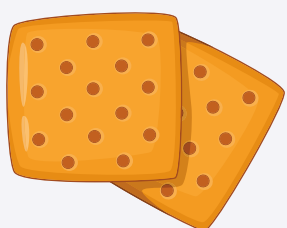
Butter Cookies

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/>

