

Mission Possible! Tip Sheet

Case File #REVITUP-01: Hakeem

Key words: protein-rich snacks

Answers: Low-fat string cheese, salted mixed nuts, low-fat or fat-free yogurt, low-fat chocolate milk, hardboiled egg

Tip: These snacks are low-calorie foods with high protein content. Protein-rich foods keep you full for longer without weighing you down.

Case File #REVITUP-02: Omar

Key words: salty, crunchy, low-fat snacks

Answers: Salted mixed nuts, whole wheat crackers, unbuttered popcorn, salted sunflower seeds, baked chips

Tip: Why are one of these options a better snack choice for Omar than the potato chips he usually chooses?

- Less fat/calories
- Whole grains are more filling

Case File #REVITUP-03: Carlos

Key words: sweet and doesn't come in candy wrapper

Answers: Apple, canned fruit, applesauce, dried fruit, banana, orange, pear

Tip: Why do you think a sweet piece of fruit is better than a sweet piece of candy?

- More nutrients like vitamins and minerals
- Longer lasting energy
- Less calories

Case File #REVITUP-04: Stephanie

Key words: unsalted, crunchy snack

Answers: Pear, apple, whole grain cereal

Tip: Why would it not be good to eat too much salt when playing sports?

- Dehydrated
- Muscle cramps
- Feeling tired

Case File #REVITUP-05: Dejah

Key words: dairy free, protein rich food

Answers: Salted mixed nuts, salted sunflower seeds, hardboiled egg

Tip: What other types of non-dairy milks would Dejah be able to try?

- Lactose free milk like "Lactaid"
- Soy milk
- Rice milk and almond milk have similar amounts of calcium as milk but don't have as much protein

Case File #REVITUP-06: Keke

Key words: fiber rich foods – no fruits

Answers: Whole grain cereal, whole wheat crackers, unbuttered popcorn

Tips: Why is the popcorn you make at home a better snack than the popcorn you buy at the carnival?

- Less butter/salt = fewer calories
- More appropriate portion size
- Cheaper

Case File #REVITUP-07: Harper

Key words: corner store snacks that do not need to be washed

Answers: Dried fruit, canned fruit, applesauce

Tips: What are some other benefits to eating more fruit?

- Fiber
- Vitamins and minerals

Case File #REVITUP-08: Marina

Key words: gluten free snacks that won't go bad in the locker in a day

Answers: Popcorn, baked chips, sunflower seeds, applesauce, low-fat or fat-free pudding, dried fruit, canned fruit, mixed nuts, banana, pear, apple, orange

Tips: Look for puddings that do not need refrigeration. Also, if you keep your snacks in your locker, make sure they don't get hidden behind your math or chemistry textbook.

Case File #REVITUP-09: Emma

Key words: soft, dairy free snacks

Answers: Applesauce, hardboiled egg, banana, canned fruit

Tips:

Case File #REVITUP-10: Maya

Key words: dairy snack

Answers: Low-fat chocolate milk, low-fat or fat-free pudding, low-fat string cheese, low-fat or fat-free yogurt

Tips: Why is it important to choose a low-fat dairy snack compared to something like whole milk?

- Less fat
- Fewer calories
- Same nutrients as whole milk

Case File #REVITUP-11: Ramon

Key words: whole grain snacks

Answers: Whole grain cereal, whole wheat crackers, popcorn

Tips: Why is it important to eat whole grains?

- Energy
- Filled with good nutrition (vitamins, minerals, fiber)
- Keeps you fuller longer

Case File #REVITUP-12: Christa

Key words: snacks with long shelf-life

Answers: Whole grain cereal (without milk), popcorn, baked chips, whole wheat crackers, sunflower seeds, applesauce, low-fat or fat-free pudding, dried fruit, canned fruit, mixed nuts, banana, pear, apple, orange

Tips:



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