



Grocery Shopping with Kids Suggestions from In-Store Nutritionists at GIANT

Build a Better Parfait

Keep kids engaged by helping them learn to choose whole food items from food groups to build a better parfait.

Create a nutritious dessert or snack with something creamy, fruity, crunchy and topped with a healthy fat instead of whipped topping (unhealthy hydrogenated fats).

Creamy (Milk/Milk Substitute Group)	Fruity (Fruit Group)	Crunchy (Starch/Grain Group) Choose those with less than 10 g. sugar per serving	Toppers (Healthy Fats and protein Groups)
Low fat vanilla pudding made with skim or 1% milk	Frozen berries	Cereals or granolas	Walnuts
Yogurt	Mandarin oranges	Graham cracker crumbs	Pecans
Greek yogurt	Chopped apples	Chocolate cookie wafers (without icing)	Sunflower Seeds
Coconut yogurt	Canned pineapple tidbits	Ginger snap pieces	Almonds
Soy yogurt	Dried cranberries	Vanilla wafer Pieces	Ground flax seed meal

Creamy

**(Milk/Milk
Substitute)**



Fruity

(Fruit Group)



Crunchy (Starch/Grain Group)



Toppers

**(Healthy Fats and Protein
Groups)**