

Tasty Snacks for Healthy Kids

Some Preparation Required:

- **Veggies & Dip:** baby carrots, cucumber slices, red pepper slices, chopped broccoli, cherry tomatoes, or celery sticks served with hummus, low fat salad dressing, or other low fat dip
- **Vegetable Sticks with Spread:** celery or carrot sticks with 2 tablespoons peanut butter or low fat cream cheese
- **Snack Kabobs:** veggie or fruit chunks skewered onto thin pretzel sticks
- **Sweet Potato Fries:** baked sweet potato wedges, tossed lightly w/olive oil and salt
- **Low Fat Cottage Cheese or Yogurt with Fruit and/or Granola:** try using fresh grapes, berries, or canned peaches
- **Apple Treats:** sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in 1 tablespoon peanut or almond butter
- **Homemade Popsicles:** made with 100% fruit juice or low fat yogurt
- **Chips & Salsa:** use whole grain baked pita chips or baked tortilla chips. Also try chips with low fat bean dip
- **Taco Roll-up:** small whole wheat tortilla rolled w/low fat cheese, beans & salsa
- **Turkey Roll-up:** lean turkey slice rolled up with low fat cheese
- **Mini Pizzas:** toast pita bread or half of a whole wheat English muffin w/tomato sauce, cheese, and chopped vegetables
- **Mini Bagel with Spread:** try 1 tablespoon light cream cheese, peanut butter, or hummus
- **Mini Sandwiches:** use 1 slice whole wheat bread, pita bread, or several whole grain crackers. Fill or top with: peanut butter & jelly, low fat cheese & cucumber slices, or tuna salad made with low fat mayonnaise

No Prep Snacks:

- **Whole Fruit:** grapes, apples, bananas, etc.
- **Fruit Salad:** 1/2 cup store-bought, fresh fruit, unsweetened canned fruit, or snack cup
- **Frozen Fruit:** 1/2 cup berries, etc.
- **Dried Fruit:** 1/3 cup
- **Apple Sauce:** 1 snack cup (unsweetened)
- **Nuts:** 1/3 cup of nuts such as almonds, peanuts, cashews, or mixed nuts
- **Cheese:** low fat string cheese, or 2 slices low fat cheese (like Cabot Creamery)
- **Yogurt:** 1 squeezable low fat yogurt (like Stonyfield Farm), or 1 low fat yogurt container (6 oz.)
- **Pudding:** 1 nonfat or low fat snack cup
- **Granola/Fruit Bar:** 1 low fat, whole grain bar
- **Cereal:** 1 cup whole grain cereal (like Cheerios or Multigrain Chex)
- **Trail Mix:** 1/3 cup made with nuts, seeds, low fat granola, and dried fruit
- **Pretzels:** about 20 tiny twists
- **Popcorn:** 2 cups "light" microwave popcorn (without butter)
- **Baked Chips:** (like Frito-Lay potato chips or Doritos)
- **Cookies:** Frookie Animal Crackers (10-15 cookies) or 3 Fig Newtons, Teddy Grahams (1 snack pack or 24 grahams)
- **Fruit Smoothies:** store-bought (like Silk or Stonyfield brand) or homemade with fresh or frozen fruit and low fat milk or yogurt

Beverages:

- **Water**
- **Milk** (1 cup low fat milk or soy milk)
- **100% Fruit Juice** (no more than 6 oz. a day)
- **100% Fruit Juice with Club Soda/Seltzer**