

Healthy Snacks For Home and Classroom

These foods contribute more than just calories, sugar, and fat. They taste great and are good for children, too. Make every bite count!

Recommended Party & Snack Foods

GRAINS:

- * Small bags of trail mix
- * Unbuttered popcorn
- * Bagels
- * Cereal party mix
- * Graham crackers
- * Fig bars

FRUITS:

- * Fruit juice
- * Fresh fruit
- * Fruit juice bar
- * Dried fruits

HEART HEALTHY PROTEIN:

- * Pumpkin or sunflower seeds
- * Nuts
- * Bean dip
- * Bean soup
- * Bean salad

HEART HEALTHY DAIRY:

- * Mozzarella (string) cheese sticks
- * Frozen yogurt
- * Fortified soymilk and skim milk
- * Smoothies made with soymilk or skim milk

Try These Combination:

- * Yogurt with fresh fruit
- * Peanut butter and celery
- * Pita bread stuffed with beans or turkey, lettuce and tomatoes
- * English muffin pizza topped with vegetables
- * Quesadillas - use low fat cheese
- * Raisins and peanuts
- * Sandwiches

Party & Snack Foods **Not** Recommended

- * Fruit roll-ups
- * Chewy fruit snacks
- * Candy
- * Gum
- * Marshmallows
- * Potato chips
- * Corn chips
- * Fruit punch or fruit flavored drinks
- * Soda pop
- * Most types of cakes and cookies
- * Ice Cream
- * Donuts

These foods have very little nutritional value. They also can harm children's teeth.

**Practice teaches more than preaching!
Choose Well, Be Well.**



**Shasta County Public Health
2650 Breslauer Way
Redding CA 96001**

**Theresa Rickard-Borba 530-229-8487
tborba@co.shasta.ca.us**