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 I 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 I tablespoon light cream cheese, peanut butter, or hummus
- Mini Sandwiches: use I 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

Goes To School

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: I 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:** I squeezable low fat yogurt (like Stonyfield Farm), or I low fat yogurt container (6 oz.)
- Pudding: I nonfat or low fat snack cup
- Granola/Fruit Bar: I low fat, whole grain bar
- **Cereal:** I 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 Frackers (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 (I cup low fat milk or soy milk)
- 100% Fruit Juice (no more than 6 oz. a day)
- 100% Fruit Juice with Club Soda/Seltzer



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