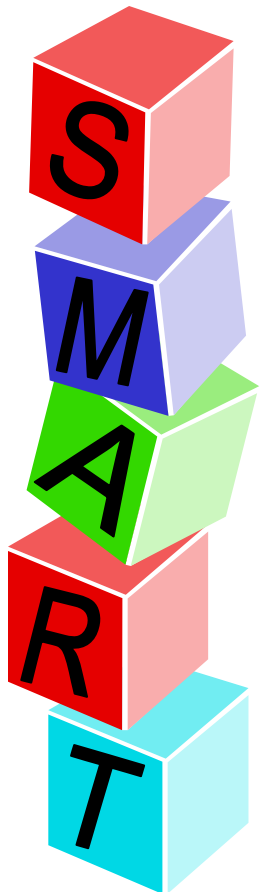
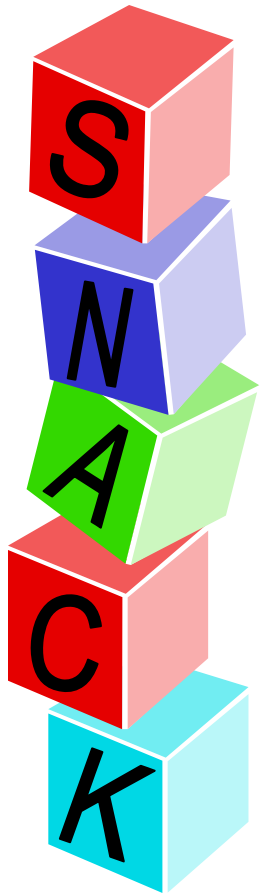


Tips for Healthy Snacks

Snacks for kids and teens are part of a normal healthy diet. Kids and teens should consume 1-2 snacks during the course of the day. Food choices for snacks should consist of 100-200 calories and provide a nutritional benefit in their diet. Avoid choosing foods that contain empty calories such as sweets and/or desserts, chips, candy, etc. Use snacks as a way to promote healthy eating by including foods from all 5 food groups. Remember make snacking fun and provide variety. Also beware of portion sizes. Below is a list of healthy snack ideas.



- Provide sugar-free/ low calorie beverages at snack times (Crystal Light®, sugar-free Kool-Aid®, water, diet pop).
- Raw fruits and vegetables with low-fat or fat-free vegetable or fruit dip.
- Trail mix consisting of nuts and/or sunflower seeds, dried fruit, Chex cereal®, and/or M&Ms®.
- Mini pizza – English muffin with pizza fixings that is slightly toasted.
- Low-fat or fat-free yogurt – try freezing Gogurt or other squeezable tubes.
- Frozen fruit bar
- Cheese stick with crackers
- Graham crackers
- Cereal bar or granola bar
- Low-fat microwave popcorn
- Low-fat or fat-free pudding
- Cottage cheese with fruit slices
- Applesauce
- Peanut butter with crackers, celery, apple slices, etc.
- Pretzels
- Baked chips or tortilla chips with low-fat or fat-free chip dip or salsa.
- 1 cup of unsweetened cereal, dry or with skim milk
- Fruit Smoothie
- Fruit Pizza

