



Tips for Healthy Snacks

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

- Provide sugar-free/low calorie beverages at snack times (e.g., 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