

Healthy Snack Options

An ideal snack should contain at least 2 of the five food groups:
Vegetables, fruits, dairy, protein, grain.

Fresh Or Frozen Fruits with your favorite dip

- 1 small fresh Fruit with 1 tbsp. Peanut butter or Almond butter
- ½ cup Grapes or Berries with ¼ cup low fat cottage cheese.
- 1 Banana pops (Banana sliced in half, popsicle stick inserted, rolled in yogurt and whole grain cereal toppings and frozen)



Variety of Veggies with low fat dip. (baby carrot, sugar snap peas, sliced bell pepper, broccoli, cherry tomato, cucumber)

- 2 Carrot Sticks with ¼ cup Hummus or low-fat cottage
- 2 Celery sticks topped with 1 tbsp peanut butter & raisins
- 1 Bell Pepper Strips with 1/3 cup Salsa or low-fat cottage cheese



Whole Grains

- ½ cup Pretzel with 1 string cheese
- 1 Whole wheat toast with 1tbsp. peanut butter & sugar free jelly.
- 4-5 Wheat Crackers or 2 rice cakes with 1tbsp. nut
- 3 cups low fat Popcorn or ½ cup Sweetcorn with 1tbsp. nut butter
- 1 Whole grain waffle with ½ cup fruit & low-fat yogurt or 1 tbsp. nut butter.
- ½ Whole grain bagel slice or muffin or pita with 2 tbsp. Humus or peanut butter, add small pieces of veggies or fruit.
- 1 Low fat breakfast or granola bar



Variety of Protein

- 1/3 cup baked or roasted Beans or Chickpeas
- ½ cup Black bean salad with veggies
- ½ cup Edamame or tofu with 1 tbsp. guacamole
- ½ cup Trail mix with nuts, oats and cranberries or raisins
- 1 Mini sandwich with 1 oz tuna or 1 egg salad.



Low fat or fat free dairy

- ½ cup Low fat or fat free yogurt with ½ cup fresh, frozen or canned fruits like mango, berries, peaches or banana, Sprinkle 2 tbsp. Granola for crunch.
- Dip slices of 1 fruit or 5 whole-grain graham crackers into ½ cup low-fat vanilla pudding or yogurt or cottage cheese.
- Blend ¾ cup low-fat milk or soymilk, ½ cup frozen strawberries and ½ banana for thirty seconds for a delicious smoothie.



Kids usually need 1 to 2 snacks daily in between