

# Healthy Kids' Snacks

## Good

- Baked Chips
- Baked Doritos
- 100% Fruit Snacks
- Low-Fat Frozen Yogurt
- Low-Fat Pudding
- 100% Fruit Juice Popsicles
- Popcorn, Air Popped
- Trail Mix



Most of the snacks served to children should be fruits and vegetables, since most kids do not eat the recommended five to thirteen servings of fruits and vegetables each day.



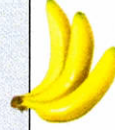
Fruit is naturally sweet, so most kids love it! Fruit can be served whole, sliced, cut in half, cubed or in wedges. How about some fruit kabobs! Canned, frozen and dried fruits need little preparation for a quick, easy treat.

## Better

- Whole Grain Muffins
- Whole Wheat Bagels
- Whole Grain Crackers
- Whole Wheat Pretzels



**IMPORTANT!** Water should be the main drink served to kids at snack times. Water satisfies thirst and does not have sugar or calories. (Plus, it is low-cost!) If kids are used to getting sweetened beverages at snack times, it may take a little time for them to get used to drinking water.



Snacks are a bigger part of kids' diets than in the past. Snacks can make positive or negative contributions to kids' diets – depending on the choices we offer. Next snack time reach for one of these healthy snacks.



## Best

- Low-fat cheese sticks
- Raw Nuts, Seeds, Peanut Butter\*
- Low-Fat Yogurt
- Fresh Fruit:



- |             |            |              |
|-------------|------------|--------------|
| Apples      | Honeydew   | Pears        |
| Apricots    | Kiwi       | Pineapple    |
| Bananas     | Mango      | Plums        |
| Blueberries | Nectarines | Raspberries  |
| Cantaloupe  | Orange     | Strawberries |
| Grapes      | Peaches    | Watermelon   |



- Raw Veggies:

- Broccoli "Trees"
- Baby Carrots
- Celery Sticks
- Cucumber Spears
- Pepper Strips
- Radishes
- Snap Peas
- Snow Peas
- String Beans
- Summer Squash
- Tomatoes, Grape
- Zucchini



\*Check for nut allergies before serving