25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

Easy, Tasty (and Healthy) Snacks
You may need an adult to help with some of these snacks.

1. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

2. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

3. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

4. Mini Pizza: Toast a whole-wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

5. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

6. Sandwich Cut-Outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

7. Banana Split: Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.


9. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

10. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.

11. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
12. Sprinkle grated Parmesan cheese on hot popcorn.

13. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.

14. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.

15. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.

16. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.

17. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.

18. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.


20. Toast a whole-grain waffle and top with low-fat yogurt and peaches.

21. Mix together low-fat cream cheese, mixed dried fruit bits and shelled sunflower seeds. Spread on a toasted English muffin.

22. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.

23. Make a mini-sandwich with tuna or egg salad on a whole-grain dinner roll.

24. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.

25. Spread peanut butter on apple slices.

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**Dip it! Bonus Snacks**

- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in low-fat yogurt.
- Dip pretzels in mustard.
- Dip pita chips in hummus.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in salsa.
- Dip a granola bar in low-fat yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.

Find more healthy eating tips at:
www.kidseatright.org
www.eatright.org/nutritiontipsheets

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For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.

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