



## Healthy Snacks

- Have a designated area for the snacks, so kids will know where to go to get a healthy snack. You provide the choices and the kids can choose the one to eat. You know they are eating good and they feel involved too.
- Pre-portion snacks and put a basket in a cabinet and in the refrigerator
- A snack should be small portions to help avoid weight gain.
- When shopping for snacks, have the kids help pick a few options
- Combine at least 2 foods from 2 food groups (such as protein and carbohydrate- they will be more nutritious snacks and will tide them over until the next meal)
- Below are some healthy snack ideas that are lower in sugar and fat.

### **Grains**

- Mini bagel (2 oz) and reduced-fat cream cheese
- Kellogg's Nutri Grain Cereal, Granola, & Yogurt Bars
- Nature Valley Chewy Trail Mix Bars
- Nature Valley Crunchy Granola Bars
- Quaker Oats Chewy Granola Bars
- Animal Crackers
- Fig Newtons
- Graham Crackers (regular and low fat)
- Rice Krispy Treats (original)
- Baked Chips & Sun Chips
- Pretzels
- Tricuits & Multi-Grain Wheat Thins (low fat preferable) or other whole grain crackers
- Quaker Oats Quakes Rice Snacks
- Popcorn (light and fat free)

### **Protein & Dairy**

- Nuts (all varieties)
- Planters and Nature Valley Trail Mix
- Smuckers Uncrustables (peanut butter & jelly sandwich)
- Cheese (reduced fat, light, or fat free-string cheese, mozzarella, cottage cheese)
- Puddings (fat free and regular)
- Dannon D'animals Drinkable Yogurt
- Yogurt (low fat, light or non-fat)
- Yoplait Go-Gurts
- 1% or non-fat milk (plain or flavored)

### **Fruit & Vegetables**

- Dole or Del Monte fruit cups in juice
- Raisins and unsweetened dried fruit
- Fresh fruit & veggies
- Juices that are 100% real fruit juice, with no added sugars (limit to 4 oz)

**Food Pairings-** cottage cheese and fruit/veggies, milk with graham or animal crackers, yogurt with granola or fruit, cheese or peanut butter with whole grain crackers, apples or pears, smoothies (milk or yogurt and fruit)

#### Notes:

- √ Nutrition Criteria for snacks: less than 30% of total calories come from fat, less than 35% added sugar by weight.
- √ This list is not meant to be all-inclusive. Items not found on this list do not mean they don't meet recommendations. Generic brands are often of equal nutritional value.
- √ Packaging size makes a difference. Select small portion sizes and avoid large sizes that contain more than a "single" serving.
- √ Remember it may take 5 or 10 tastes of a new food before it is accepted! Keep offering!