

Healthy Snacks for Kids

Healthy snacks can help you grow, Even when you're on the go!

Choose as wisely as can be-

It's as easy as A B C!



Apple slices with cinnamon

Nuts

Broccoli with low fat dip

Oranges slices

Carrot and celery sticks

Pretzels

Dried fruit

Quesadilla (with low fat cheese)

Fruit juice pop

String cheese

Granola bar

Turkey slices

Honeydew melon

Unbuttered popcorn

Ice milk

Veggie pizza

Jell-o

Whole grain bagel with jam

Kiwifruit

eXotic fruit (try mango or papaya)

Lettuce and tomato salad

Yogurt (low-fat with fruit)

Milkshake with fruit, yogurt & milk

Zoo animal crackers

Introducing children to a variety of healthy foods early on helps them acquire a taste for them. It might take as many as 15 times before children decide they like a certain food. Keep encouraging the consumption of healthy foods.