



RESOURCE

November 1, 2010

Healthy Snack Ideas for Kids

- Raw vegetables with dip
- Fresh fruits
- String cheese
- Light popcorn
- Breadsticks or pita chips with hummus
- Pretzels or low-fat, low-salt popcorn
- Tortilla chips (baked) with bean dip
- Granola or other non-sugary cereal
- Wheat squares with dried cranberries
- Toasted whole grain breads or crackers with fruit spread or nut butters
- Graham crackers or gingersnaps dipped in applesauce
- Mini rice cakes with peanut butter
- Apple slices with hazelnut butter
- Trail mix
- Salsa and baked chips or carrots
- Frozen bananas blended with skim or soymilk
- Frozen banana chunks dipped in nuts
- Applesauce or other fruit cups
- Nuts mixed with dried fruit
- Low fat frozen or Soy yogurt
- Soy ice cream
- Individual boxes of soymilk
- Homemade muffins or cornbread
- Individually portioned soup
- Fresh soybeans, boiled or roasted
- Bite-sized tofu cubes seasoned with spices
- Tofu or turkey hot dogs
- Chunks of avocado, cucumber, or cooked sweet potato