

# 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. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
8. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
11. Blend low-fat milk, frozen strawberries and a banana for thirty seconds for a delicious smoothie.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

## 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.



**18.** Sprinkle grated Parmesan Cheese on hot popcorn.

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

**20.** 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!

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

**22.** Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

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

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

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

Now that you are refueled, take a trip to Planet Power. Play the MyPyramid Blast Off game at [www.mypyramid.gov](http://www.mypyramid.gov).

For a referral to a registered dietitian and for additional food and nutrition information visit [www.eatright.org](http://www.eatright.org).



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