

# 25 Healthy Snacks for Kids



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

---

## Easy, Tasty (and Healthy) Snacks

You may need an adult to help with some of these choices.

---

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
3. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
4. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
5. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
6. Microwave a small baked potato. Top with reduced-fat Cheddar cheese and salsa.
7. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
8. Toast a whole-grain waffle and top with low-fat yogurt and sliced peaches.
9. Spread peanut butter on apple slices.
10. Blend low-fat milk, frozen strawberries and a banana for 30 seconds for a delicious smoothie.
11. Make a mini-sandwich with tuna or egg salad on a dinner roll.
12. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for 20 seconds. Top with salsa.
13. Toss dried cranberries and chopped walnuts in instant oatmeal.

---

## 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.

*Continued >*

## 25 Healthy Snacks for Kids (continued)

14. Mix peanut butter and cornflakes together in a bowl. Shape into balls and roll in crushed graham crackers.
15. Microwave a cup of tomato or vegetable soup and enjoy with whole-grain crackers.
16. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
17. Sprinkle grated Parmesan cheese on hot popcorn.
18. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
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. **Mini Pizza:** Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
22. **Rocky Road:** Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.
23. **Inside-Out Sandwich:** Spread mustard on a slice of turkey. Wrap around a sesame breadstick.
24. **Parfait:** Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with granola.
25. **Ants on a Log:** Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins.

