Healthy Snacks for Healthy Kids

When choosing a snack, avoid high-fat and high calorie snacks, and remember to follow recommended serving sizes.

Examples of healthy snacks:

• Fresh fruit
• Dried fruit and nut mix
• Fruit packed in juice or light syrup
• Whole grain crackers or bread with low-fat cheese, fruit spreads or peanut butter
• Dry low-sugar cereals served either alone or with low-fat milk or low-fat yogurt
• Fresh vegetables, such as baby carrots, broccoli, tomatoes, cucumbers and celery served plain or with a low-fat dressing
• Low-fat cheese, such as mozzarella string cheese
• Low-fat yogurt
• Pretzels
• Low-fat microwave popcorn
• Baked chips
• Salsa with low-fat chips
• Fruit smoothies made with low-fat yogurt or low-fat milk and fresh fruit
• Low-fat vanilla wafers, animal crackers, fig bars, ginger snaps and graham crackers
• Frozen fruit juice bars
• Low-sugar fruit juices