



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

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