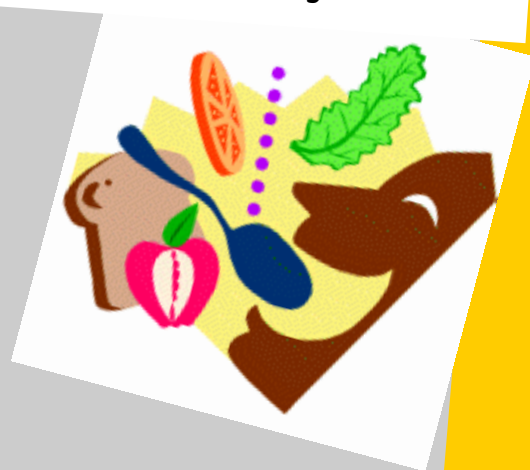


# Healthy Snacks

Make healthy snacks a regular part of the day!

Kids need snacks for energy to stay active during the day! Healthy snacks are a great way to make sure they get important vitamins and nutrients too!

## Snack Tips and Ideas:



- Serve foods from different food groups
- Make sure snack time is not too close to meal time
- Keep healthy snacks available and ready to eat
- Offer kids choices so they can pick healthy snacks that they enjoy
- Pay attention to portion sizes so kids do not eat too much
- Provide low-fat milk or 100% juice instead of sugary drinks



- *Whole fruit and raw vegetables are great choices (Add dip to give it some extra flavor!)*
- *Celery spread with peanut butter*
- *Low-fat yogurt or cottage cheese*
- *Whole grain crackers with cheese slices*
- *Whole wheat pita slices with hummus dip*
- *Trail mix with nuts and dried fruit*
- *Whole grain cereal with low-fat milk*
- *Light popcorn or pretzels*
- *Low-fat granola bars or cereal*

**Nutritional Development Services**

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