

Super Snacks

Tips for making snacks healthy:

- Fruits and veggies are always a good option, they have lots of essential vitamins and minerals.
- High fiber foods keep kids satisfied for longer and also keep the intestines healthy.
- Substitute whole grains for white breads when possible.

Veggie snacks:

Broccoli or baby carrots dipped in hummus

Low fat cottage cheese with sunflower seeds and sliced tomato

Baked chips with chunky salsa

Carrots and celery dipped in low fat Ranch Dressing

Fruit snacks:

Berries with low fat vanilla yogurt

Apple slices dipped in peanut butter

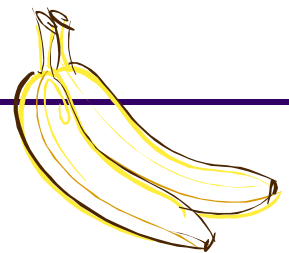
Frozen grapes or mangos

Dried apricots or cranberries

Applesauce and low fat string cheese

Did You Know?

Kids need to try a food 11-15 times before really knowing if they enjoy it or not.



More fun snack ideas:

- 1 slice whole wheat bread toasted, veggie cream cheese and sliced cucumbers without the peel.
- Edamame (fresh soybean pods) dipped in soy sauce.
- Pop some low fat popcorn and then sprinkle grated parmesan cheese over it while still hot; cheesy treat!