# Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

## 25 Healthy Snacks for Kids

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

### Easy, Tasty (and Healthy) Snacks

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

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

15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.

16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.

17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.

18. Sprinkle grated Parmesan cheese on hot popcorn.

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. Spread mustard on a flour tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.

22. Mini Pizza: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

23. Rocky Road: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

24. Inside-Out Sandwich: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

25. Parfait: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

## 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.

**For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.**

The American Dietetic Association is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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