Guide To Healthier Snacking

Fruit & Veggies Groups
- Any whole fruit
- 1/2 cup canned or frozen fruit
- 1/4 cup dried fruit
- 1/2 cup chopped vegetables
- 1/2 cup salsa
- 2 tbsp guacamole

*Choose frozen or canned fruits & vegetables with no sauce, no added-sugar, and not in syrup or heavy-syrup

Protein Group
- 1 oz cheese (1 slice or 1 string piece)
- 1 cup (8 oz.) plain yogurt
- 1/2 cup cottage cheese
- 2 tbsp hummus
- 1/4 cup unsalted nuts and/or seeds
- 2 tbsp nut butter
- 1 hard boiled egg

*Choose lower-fat dairy options

(Whole) Grains Group
- Whole grain crackers, pretzels, gold fish, bread, bagel, tortilla, cereal, etc.
- Rice cake
- Popcorn ("light" options have less salt & fat)
- Tortilla chips

*Choose products with at least 2g of fiber per serving

Mix & match the snack ideas from each box below

Peach Slices
Raisins
Apple
Bell Peppers
Carrot Sticks
Broccoli Florets

Cheese Stick
Egg
Hummus
Cottage Cheese
Nuts & Seeds

WG Triscuits
WG Wheat Thins
Cheerios
Corn Tortilla Chips
Whole Wheat Toast

Healthy snack ideas for your family!
Tips To Make Healthy Snacks

Food Groups Are Better Together!

Try these tasty combos:
- Dried fruit + Cheese Stick
- Fruit + WG Crackers
- Sliced Vegetables + Hummus

Focus On Water!

Choose tap water to keep kids hydrated.
- Skip the juice and sugar-sweetened beverages.
- Encourage/remind children to drink water throughout the day and provide a reusable water bottle.

The Amount Counts!

Younger kids need less, and too much food on the plate can be overwhelming. Try offering a smaller amount and provide more if they are still hungry.
- Offer a 1/2 sandwich or 1/2 cereal bar at a time!
- If you buy in bulk, check the serving size and offer one serving at a time.

Less Processed is Better!

Look for products with fewer ingredients (the fewer the better).
- Choose the naturally-occurring sugar in fruits rather than added-sugar found in candy, soda, baked goods, etc.
- Stick to low-sodium options (less than 140 mg per serving is low sodium).
- Choose healthy fats like those in avocado, nuts & seeds rather than less healthy ones found in potato chips, greasy foods, etc.

Whole Grains Are Best!

Look for the whole grain stamp OR check the ingredient list to be sure "whole grain" or "whole wheat flour" is the first ingredient.

*Choose products with at least 2 grams of fiber per serving.

Food Safety is Key:
- * Always check for food allergies
- * Send snacks with a cold pack

Try these tasty combos:
- Pineapple + Cottage Cheese
- Apple + Nut Butter
- Cheese Slice + WG Bread
- Nuts/Seeds + Pear