

Mix & match
the snack
ideas from
each box
below

Pick 2 to 3 Foods From Different Groups

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 in water or light 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

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



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Healthy snack ideas for your family!

Tips To Make Healthy Snacks

1

Food Groups Are Better Together!

Try these tasty combos:

- Dried fruit + Cheese Stick
- Fruit + WG Crackers
- Sliced Vegetables + Hummus
- Pineapple + Cottage Cheese
- Apple + Nut Butter
- Cheese Slice + WG Bread
- Nuts/Seeds + Pear

2

Whole Grains Are Best!

Look for the whole grain stamp OR read the ingredient list to see if "whole grain" or "whole wheat flour" is the first ingredient.

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

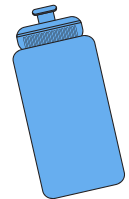


3

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 give them a reusable water bottle.



4

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.

5

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.



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Food Safety is Key:

- * Always check for food allergies
- * Send snacks with a cold pack