

## Healthy Snacks for Kids

Brought to you by Froedtert and Community Memorial Dietitians

Obesity is at an all time high. Not only do eating habits of adults need to improve, but need to change to set a better example for kids. Take favorites and add fruit, vegetables, or a source of whole grain to it. Here are some ideas for healthy snacks for kids.

Carrot sticks with low fat dip	100% juice frozen fruit pops
Turkey and cheese slices	Vanilla wafers
Dried fruit	Pumpkin seeds
Almonds or walnuts	Veggie pizza
Strawberries	Cashews or pistachios
Granola bars	Banana with peanut butter
Grapefruit	Raisins
Hard boiled eggs	Animal crackers
Watermelon	Pretzels
Broccoli with low fat dip	Raspberries
Fruit salad	Cold cereal
Plain popcorn	Low fat pudding
Apple slices with cinnamon	Baked potato chips
Graham crackers and peanut butter	Orange slices
Bagel chips with low fat cream cheese	Pizza sauce on whole wheat English muffin
Peaches and cottage cheese	Whole grain bagel and jam
Peanut butter on celery	Fruit smoothie
Frozen grapes	Nonfat frozen yogurt
String cheese	Unsweetened applesauce
Low fat yogurt	Blueberries

Make healthy food fun. Make fruit kebobs – skewer up different colored fruits on wood skewers or colored toothpicks. Or make sandwiches on whole grain bread and then cut with a cookie cutter into fun shapes (you can do the same with cheese slices). Another fun idea is to mash a banana and mix with one cup of fat free whip topping (like Cool Whip). Dip graham crackers. Enjoy.

Tip by: Tracey Brand, RD  
Froedtert Hospital Corporate Wellness Coordinator