






The “We-Understand-How-Hard-It-Is-To-Come-Up-With-Healthy-Snacks-That-Kids-Like”

List of Healthy Snacks

Brought to you by the P.S. 107 Wellness Committee

Vegetables 	Grains 	Fruits 	Dairy 	Other 
<p>Raw</p> <ul style="list-style-type: none"> ◇ Grape, cherry tomatoes ◇ Baby carrots ◇ Cucumber sticks ◇ Celery ◇ Peppers (green, red) <p>Steamed (or raw)</p> <ul style="list-style-type: none"> ◇ Broccoli ◇ Cauliflower ◇ Sugar snap peas ◇ Snow peas ◇ Green beans <p>Frozen (straight from bag!)</p> <ul style="list-style-type: none"> ◇ Peas ◇ Corn kernels ◇ Diced carrots <p>Try low sodium dips & veggie:</p> <p>(hummus; cottage cheese blended with ranch salad dressing; salsa; peanut butter blended with a little water; low sodium soy sauce)</p>	<p>For the following, ensure low sugar and sodium.</p> <p>Whole grain crackers or cereal (make sure first ingredient=whole grain)</p> <p>Rice crackers or rice cakes (good w/ peanut butter or cheese)</p> <p>Granola bars</p> <p>Baked tortilla chips or fresh tortillas (with guacamole or salsa)</p> <p>Whole wheat bread, pitas, English muffins, or rolls</p> <p>Flatbreads, breadsticks</p> <p>Whole grain or multigrain pretzels</p> <p>Natural popcorn</p>	<p>Fresh fruits</p> <ul style="list-style-type: none"> ◇ Strawberries, blueberries, blackberries ◇ Grapes ◇ Apples ◇ Pears ◇ Melon ◇ Cherries ◇ Mandarin oranges ◇ Tangerines ◇ Pineapple <p>Dried fruit (avoid sulfites – some children are allergic; check sugar and sodium)</p> <ul style="list-style-type: none"> ◇ Raisins ◇ Cherries ◇ Mangos ◇ Apples <p>Applesauce (low sugar)</p> <p>Fruit leather (no added sugar, low nutritional value unless homemade)</p> <p>Try frozen fruit or fruit salad</p>	<p>Mozzarella sticks (low salt, made from skim milk)</p> <p>Cheddar, Gouda, Reggiano cheese (small cubes of hard cheese; some delis sell low sodium cheese)</p> <p>Serve with apples, pears, grapes, crackers</p> <p>Vanilla yogurt (low sugar, low fat or fat free, avoid aspartame or other artificial sweetener) with:</p> <ul style="list-style-type: none"> ◇ Berries (fresh/frozen) ◇ Granola (low sugar/sodium) ◇ Whole-grain cereal <p>Low-fat pudding (often high in sugar)</p>	<p>For the following, ensure low sodium.</p> <p>Meats (</p> <ul style="list-style-type: none"> ◇ Sliced roast turkey (rolled up or folded) ◇ Salami (no nitrates) ◇ Ham (no nitrates) <p>Nuts (small portions; check for allergies)</p> <ul style="list-style-type: none"> ◇ Peanuts ◇ Pistachios ◇ Almonds, walnuts ◇ Cashews ◇ Soy nuts <p>Roasted chickpeas</p> <p>Edamame (green soy bean)</p> <p>Hummus - Serve with: pita bread/chips, crackers, veggies</p> <p>Trail Mix: Granola, cereals, peanuts, cashews, almonds, sunflower seeds, dried fruits (raisins, apples, pineapple or cranberries)</p>

SOURCES: Center for Science in the Public Interest; ADA (American Dietetic Association), Mothership Meals and Satellite Saucers:
<http://mothershipmeals.blogspot.com/>