

# Smart Snack Ideas!

## Dairy/Protein-rich Foods

- Low-fat string cheese
- Low-fat cottage cheese
- Low-fat yogurt
- Pudding cups
- Lean ham, turkey or roast beef
- Hard-cooked egg

## Fruits/Vegetables

- Grapes
- Apple slices
- Orange slices
- Mandarin oranges/tangerines
- Pears
- Bananas
- Melon balls (honeydew or cantaloupe)
- Watermelon cubes
- Mango slices
- Fresh fruit in season
- Cherry tomatoes
- Baby carrots
- Broccoli florets
- Celery sticks
- Cucumber sticks
- Red or green bell pepper sticks
- Dried fruit/fruit chips (like raisins, figs, pineapple, cranberries, apple rings or banana)
- Fresh fruit salad or packaged fruit cups
- Fruit leathers (without added sugars)
- Applesauce
- Canned fruit (in its own juice)
- Chunks of cooked sweet potato
- Frozen grapes or blueberries
- Fig bars



## Grains

- Whole-grain bread
- Whole-wheat pitas
- Baked tortilla chips
- Animal crackers
- Hard pretzels
- Rice cakes
- Whole-grain dry cereal
- Mini-bagels
- Whole-grain bread sticks or crackers
- Vanilla wafers
- Low-fat/low-sugar breakfast, granola or chewy bars
- Graham crackers/cookies



## Dips and Spreads (1-2 Tablespoons)

- Bean dips
- Hummus
- Banana Peanut Butter\*
- Peanut butter/other nut butters\*
- Fresh salsa
- Low-fat salad dressings
- Low-fat cream cheese

## Nuts\*/Seeds (Small Handful)

- Nuts
- Trail mix (buy or mix your own with cereal, dried fruit, nuts and/or seeds)
- Sunflower seeds
- Corn nuts, plain

\* If no nut allergies



[www.NCActionForHealthyKids.org](http://www.NCActionForHealthyKids.org)  
[www.nutritionnc.com](http://www.nutritionnc.com)  
[www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)

For more information on local wellness policy...



# Smart Snacks



October 2008

# Why Smart Snacks?

Research shows that children and teens who eat smart and move more focus better and have fewer behavior problems. They also have improved math, reading, and writing test scores.



## Smart kids need smart snacks

Healthy snacks, if planned properly, can help your child meet daily nutrient needs that may be missed at meal times.

Giving one or two healthy snacks a day can help your child develop good eating habits and help them re-fuel to give them energy throughout the day. Aim for small portions and space them out far enough from meals so your child's appetite is not spoiled.

# What is a smart snack?

- A smart snack includes at least two food groups to pack nutrients and be more filling, like animal crackers with low-fat pudding or peanut butter and apple slices.
- A smart snack is "tooth-friendly", so it does not leave sticky sugar residues on your child's teeth.
- A smart snack comes in small portions, like a handful of nuts/seeds or 1-2 tablespoons of dip or dressing to go with raw vegetables.

## EASY QUICK FIXES!

- **Banana Peanut Butter**—Mix mashed banana into peanut butter to make a spread.
- **Peanut Butter Graham Balls**—Mix peanut butter and cornflakes in a bowl, shape into balls and roll in some crushed graham crackers.
- **Veggie Pockets**—Stuff fresh veggies in pita pockets.
- **Snack or Fruit Kabobs**—Try cubes of low-fat cheese and grapes on pretzel sticks.

**Sounds easy, but seems hard? Here are some common concerns of parents:**

### Healthy snacks cost more!

Fruits and vegetables may seem more costly, but per serving they are actually cheaper than other less-healthy snacks.

### I'm too busy!

Cut down on preparation time by packing whole pieces of fruit, canned fruit (in its own juice) or dried fruit as snack options. Plan to buy healthy snacks at the grocery store to save money. Pre-portion snacks to grab on the go—use small plastic bags or small reusable plastic containers.

### Healthy snacks spoil too fast!

They don't have to! An ice pack, frozen water bottle or frozen juice pack in an insulated lunch bag will keep cold foods safe. Store snacks in the fridge until your child leaves for school.

### My kids don't like them!

Give kids a few healthy snack options and let them choose. Try different fruits and vegetables and ways of fixing them to find out what your child likes best. And don't give up! It may take offering a new food 10-15 times before your child will try it.