25 Healthy Snacks for Kids

When a snack attack strikes, refuel with these nutrition-packed snacks.

### Easy, Tasty (and Healthy) Snacks
You may need an adult to help with some of these snacks.

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Spread celery sticks with peanut butter or low-fat cream cheese. Top with raisins. Enjoy your “ants on a log.”
3. Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
4. Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
5. Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
6. Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
7. Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
9. Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
10. Spread peanut butter on apple slices.
12. Make a mini-sandwich with tuna or egg salad on a dinner roll.
13. Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
14. Toss dried cranberries and chopped walnuts in instant oatmeal.
15. Mix together peanut butter and cornflakes in a bowl. Shape into balls and roll in crushed graham crackers.
16. Microwave a cup of tomato or vegetable soup and enjoy with whole grain crackers.
17. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.
22. **Mini Pizza**: Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

23. **Rocky Road**: Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

24. **Inside-Out Sandwich**: Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

25. **Parfait**: Layer vanilla yogurt and mandarin oranges or blueberries in a tall glass. Top with a sprinkle of granola.

Now that you are refueled, take a trip to Planet Power. Play the MyPyramid Blast Off game at [www.mypyramid.gov](http://www.mypyramid.gov).

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**For a referral to a registered dietitian and for additional food and nutrition information visit [WWW.EATRIGHT.ORG](http://WWW.EATRIGHT.ORG)**

**What’s your most valuable source of good nutrition?**

*Registered Dietitians are the experts when it comes to helping people eat well and stay healthy. An RD has the knowledge and expertise to develop an eating plan to meet the needs of all individuals.*

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