

# Healthy Snacks

## Healthy Snack Guide

- Include at least 2 different food groups in every snack.
- Always include a protein and/or fiber.
- Switch it up. Avoid serving the same snacks each time, try something new and different every week.
- Check the nutrition label for sugar, sodium and fat content.

## Packaged Snacks

- Sugar- less than 10g of total sugar per serving.
- Sodium - less than 150 mg per serving.
- Look for good sources of fiber- 3g or more.
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## Snack Ideas

By Noemy Jorge, MS, RD, CDN

Most children love and enjoy snacks. They are smaller portions of their favorite foods that they can eat quickly and give them the energy and nutrition they need to keep the play and learning going.

Snacks help us manage our appetite better. Going long hours without eating does not work for everyone and we often end up binging/overeating in the next meal. Avoid these fasting binge cycles by incorporating healthy snacks between meals as needed.

Studies have shown having snacks boosts your metabolism and it gives you another opportunity to provide food groups your child may have missed during the last meal(s).

Plan your snacks ahead of time to avoid impulse buys, have more nutrition, save money, and limit excess sugar, sodium and fat that is found in most foods you buy in the street.

Check out the Healthy Snack Guide and these delicious snack ideas.



- Tortilla and Bean Dip
- 1/2 a Turkey and Cheese Sandwich
- Nut Butter w/Apple Slices and Celery Sticks
- Fruit/Veggie Smoothies
- Carrot Sticks, Sliced Peppers, Cucumbers and Hummus
- Cheese, Crackers and Grapes
- Hard Boiled Egg & Cheese
- Tuna Salad and Crackers
- Yogurt w/Fruit and Granola or Nuts
- Homemade Trail Mix w/ Cereal, Dried Fruit, and Nuts.