

# Planning for a Healthy Snack

In addition to thinking about healthy choices for meals, it is important to be mindful of healthy choices for snacks. Many children will be hungry between meals, so planning for healthy snacks can boost overall nutrition and decrease intake of foods with low nutritional value such as regular chips, cookies, and candy.

Pairing a low-fat carbohydrate (especially foods higher in fiber, such as fruits, vegetables, and whole grains) with a healthy protein is a good way to make a healthy snack. Fiber and protein help keep kids full longer, keep hunger at bay, and even help slow down how quickly blood sugar rises after eating.

Try to have some of these foods available in the home for snacks. Buying pre-portioned snacks or portioning them out yourself instead of eating out of a large bag can help prevent overeating.

Look at the lists below and pair a low-fat carbohydrate with a healthy protein for a good snack. **Circle 3-5 items from each list that you like or are willing to try!**

## Low Fat Carbohydrate Ideas:

- 1 cup Cheerios
- Fresh fruit or cut fruit
- 10 whole wheat crackers
- Granola bar
- Mini bag of pretzels
- 3 squares plain graham crackers
- Snack bag (1 oz) baked chips
- 4 oz unsweetened applesauce
- Snack bag (1 oz) Goldfish crackers
- Baby carrots or sliced raw vegetables
- 6-inch tortilla
- 2-3 cups light popcorn

## Healthy Protein Ideas:

- Low fat or fat-free string cheese
- 8 oz skim or 1% milk
- 6 oz low fat or fat-free yogurt
- 1 oz reduced fat cheese
- ¼ cup nuts or seeds
- 1 Tbsp peanut butter
- Low fat turkey slices
- 2 Tbsp low fat cream cheese
- 2 Tbsp hummus or bean dip
- 2 oz tuna canned in water
- Lean jerky stick
- Hard boiled or scrambled egg
- ½ cup shelled edamame

