

50 Healthy Snack Ideas for You and the Kids to Love



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Snack foods make up about 30% of many American's daily calories – so snacking right is essential to your health today and tomorrow. Eighty percent of the time aim to choose snacks that are mostly whole foods or minimally refined.

1. Any type of fresh fruit or veggie!
2. Dry cereal – 100% whole grain with no more than 6 grams of sugar per serving, served with some pecans, walnuts or almonds.
3. Dried or fresh fruit served with low-fat yogurt (for squeezable yogurts make sure it has no artificial food colorings and is low in added sugar).
4. Steamed and cooled edamame (soy beans) with or without soy sauce or salt– kids love to pop the beans out!
5. Individually packed applesauce with no added sugar.
6. String cheese or any small serving of cheese and fruit (either slice up something fresh or use canned fruit with no added sugar packed in its own juice).
7. A whole grain brown rice cake with low-fat cream cheese, honey and raisins.
8. Raw veggies like baby carrots or sugar plum tomatoes dipped in black or pinto bean dip.
9. Jicama julienne-style and baby carrots dipped in hummus
10. Raw sugar snap peas and bell pepper slices dipped in low-fat Greek yogurt dip.
11. Whole-wheat pita chips or home made toasted pita with hummus, bean dip or fresh guacamole.
12. Baked blue corn chips served with salsa.
13. Frozen fruit like pineapple tidbits, blueberries or mango chunks – see top [10 frozen foods kids enjoy](#).
14. Clementines or apple slices tossed with lemon juice and cinnamon. Give ground cardamom a try on apple slices too—it's yummy!
15. Frobana Crunch. Bananas cut into 4 pieces, dipped in plain yogurt, rolled in crushed graham crackers or a whole grain cereal, and frozen.
16. Cottage cheese and raisins or apples, sprinkled with cinnamon.
17. Crackers (low fat/no trans fat) with reduced or low-fat cheese, a small portion of regular

cheese and also try reduced fat smoked gouda or reduced fat brie. [See our cracker guide](#) for a list of 100% whole grain crackers without added sugar.

18. Ants on a Log – Celery sticks stuffed with peanut butter and topped with raisins.
19. Whole-wheat bread spread with applesauce and topped with cinnamon.
20. Whole grain bread spread with nut butter and topped with banana slices and blueberries or strawberries.
21. Sparkling mineral water mixed with 100% fruit juice. You may just be thirsty, not hungry! [Make sure your kids are getting enough liquids.](#)
22. Dinosaur Trees – fresh or steamed broccoli florets served with lemon juice, dipped into a healthy salad dressing, or sprinkled with Parmesan cheese.
23. Sliced cheese and cucumbers on brown rice cakes.
24. Make your own popcorn mix: air popped popcorn with whole pretzels, nuts and dried fruit.
25. Popcorn with Parmesan cheese – check out our [popcorn recipes.](#)
26. GORP. Good Old Raisins and Peanuts.
27. Glass of nonfat or 1% milk, organic soymilk or almond milk.
28. Glass of the above milk of your choice blended with a frozen banana.
29. Fruit or vegetable kebabs (use fresh, frozen or canned fruit).
30. Mini pizzas made with half a whole grain English muffin/pita bread, tomato sauce and part skim mozzarella cheese.
31. Half of a PB&J sandwich made with peanut or almond butter and fruit preserves.
32. Tea sandwiches – smoked salmon and cream cheese, cucumber and low-fat cheese or even mini PB&J. Serve bread cut into 4 mini sandwiches and remove crust.
33. Several olives and roasted bell peppers or marinated artichoke hearts– yep, I've worked with kids who love this!
34. Dried fruit (dried apricots or mango with no added sugar/sulfates).
35. Homemade trail mix made with cereal, dried fruit, nuts or seeds, and shaved coconut or try [Super Crew Andy's trail mix.](#)
36. Homemade 100% whole grain mini-zucchini muffins (or any homemade muffin of choice made with diced fruit, grated vegetables, even pumpkin puree!) See our [bran muffins](#) or [pumpkin chocolate chip muffins.](#)
37. Mixture of raisins or dried cranberries and healthy, low-sugar cereal.
38. Baked sweet potato fries with cinnamon.
39. Homemade [kale chips](#) – toss washed and dried kale leaves in olive oil and seasonings, bake in oven until toasted, and enjoy.
40. Make a healthy Chex mix with rice Chex, whole-wheat pretzels, popcorn baked with seasonings, dark chocolate pieces, and dried cranberries.
41. Cucumber with spicy bean dip.
42. Tuna mixed with lemon juice and seasonings on top of cucumber slices, topped with raisins.
43. Baked apple crisp – sliced apples tossed with cinnamon, oats, and a little brown sugar. Baked until crisp and topped with dollop of plain low fat yogurt.
44. Homemade frozen fruit bars with fresh fruit or 100% juice pops.
45. Small serving of whole grain cereal with fresh fruit and low-fat milk. Choose 100% whole grain cereals with less than 6 grams of sugar per serving and at least 3 grams of fiber.
46. Small serving of a homemade smoothie: 4oz juice, 2 Tbsp of yogurt or soy milk and ½

cup of your favorite frozen fruit.

47. Seaweed on it's own or with raw veggies.
48. A handful of frozen pistachios.
49. Strawberries with Greek yogurt and honey.
50. Polenta rounds cooked heated quickly with canola oil and rosemary.