

## 50 Healthy Snacks for Children and Teens:

1. Cheese with pretzel sticks or fruit
2. Peanut butter with yogurt, granola and blueberries
3. Animal crackers dipped in low-fat pudding
4. Banana dipped in yogurt rolled in cereal
5. Peanut butter on celery topped with raisins
6. Trail mix: nuts, dried fruit
7. Frozen yogurt & banana sandwich on graham cracker
8. Small baked potato microwaved topped with cheese and salsa
9. Peanut butter or yogurt with apple slices
10. Whole-grain cereal
11. Instant oatmeal with cranberries and walnuts
12. Pita and hummus
13. Chips and salsa
14. Granola bar dipped in low-fat yogurt
15. Hard-boiled egg
16. Baby carrots dipped in low-fat ranch dressing
17. Mini pizza – English muffin toasted, drizzled with pizza sauce and sprinkled with low-fat mozzarella
18. Flour tortilla with turkey, ham, cheese and mustard
19. Breadsticks and salsa
20. Pears with cottage cheese
21. Crush graham cracker onto chocolate pudding and add marshmallows
22. Peanut butter and jelly sandwich on whole grain bread
23. Fruit and yogurt smoothie
24. Grated parmesan on popcorn
25. Peanut butter and cornflakes rolled into a ball, then rolled over crushed graham crackers
26. Whole grain pita pocket stuffed with ricotta cheese and granny smith apple slices
27. Baked apples with cinnamon and granola
28. Banana pancakes
29. Oatmeal cookies with cranberries or raisins
30. Make your own salsa with tomatoes, onions, cantaloupe, peaches and a hint of lime
31. Pretzels dipped in honey mustard
32. Cheese sticks dipped in marinara sauce
33. Orange-cranberry muffin
34. Jell-o with fruit
35. Sorbet
36. Strawberries dipped in yogurt (frozen)
37. Milkshake with frozen yogurt and bananas
38. Rice cakes with peanut butter
39. Whole-wheat mini-bagels with low-fat cream cheese
40. Toast with hazelnut spread or Nutella
41. Applesauce with cinnamon
42. Homemade baked Chex mix with Rice Chex, peanuts and pretzel sticks
43. Sugar snap peas and bell peppers
44. Low-fat cream cheese spread on salami
45. Tortilla chips with refried beans
46. Whole grain crackers dipped in tomato or vegetable soup
47. Waffle cone filled with fruit, topped with low-fat vanilla yogurt
48. Mini waffles dipped in cinnamon applesauce
49. Spread mustard on deli turkey and wrap around a sesame breadstick
50. Spread tortilla with peanut butter and/or yogurt, add sliced strawberries and bananas and roll up