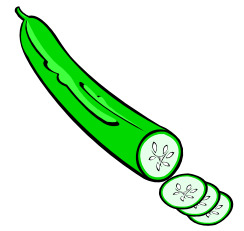


HEALTHY SNACKS FOR KIDS



By Vivian Matiossian MS, RD, CDE

Fruits and vegetables are the best snacks. However, if you want a packaged snack, read the labels to choose wisely.

Snacks can help control your hunger between meals, especially if your meals are more than 5 hours apart. It can also help prevent overeating at meals.

A healthy snack must fit these rules for one serving:

Total calories: 100 or less
Total fat: 3 grams or less
Sugar: 10 grams or less

If the snack doesn't fit the rule then...

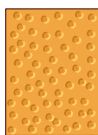
- Choose another snack
- Offer a smaller portion

Below are suggestions for snacks you can pack for your child.

Listed are the portions for various foods to meet the snack rule. If a portion is not written, then one serving fits the rule. There are many more snacks you can find in the store. Just read the labels.



- Apple sauce- no sugar added
- Dried fruits (1/4 cup raisins, apricots)
- Fruit cups packed in juice
- Mini bagels
- Granola Bites –variety flavors
- Quaker Mini Delight 90 calorie packs – variety flavors
- 100 calorie packs “Shortbread,” “Alphabits,” “Cheese Nips,” “Gold Fish”
- Honey Made Grahams- 1 cracker sheet
- Cheez-it-reduced fat (20 pieces)
- Crackers:- Wheat Crisp- 50% less fat, All Bran, Wheat Thins, Kashi TLC (10 crackers)
- 100% juice without high fructose corn syrup (4-6 oz. any brand)
- Sugar free Jell-O pudding or gelatin
- 95% fat free or light popcorn (3 cups)
- All Fruit Leather



- Baked chips (about 15 chips)
- Gingersnap cookies (2)
- Quaker Rice Cakes
- Rice Snacks (5-10)
- Right Bites 100 calorie crackers
- Mini Teddy Grahams (30)
- Chocolate Graham Cracker Bites
- Cheerios snack mix-variety flavors (1/2 cup)
- Nature Valley bar -some flavors (1 bar)
- Kudos or Chewys (90 calorie) bars
- Pretzels or Chex Mix (1/2 cup)
- Favorite cereal (1/2 -1 cup)
- Light or fat free ice cream (1/2 cup)
- Frozen yogurt (some varieties - 1/2 cup)
- Sugar free frozen popsicles (1 piece)

