

GREAT SNACK IDEAS FOR A HEALTHY SMILE

Snacks can be a healthy part of a child's life. Children have fast metabolisms and high energy needs. Snacks can effectively provide the extra nutrients kids require to play, learn and grow. Unfortunately, far too many children are choosing snacks that are laden with sugar, fat, additives and preservatives. In addition to increasing the risk of childhood obesity, snacks that aren't healthy can put kids at risk for poor dental health.

FRUITS

- Strawberries
- Blueberries
- Bananas
- Pineapple
- Peaches
- Grapes
- Oranges
- Grapefruit
- Nectarine
- Watermelon
- Plums
- Pears

Vegetables

- Carrots
- Broccoli
- Cauliflower
- Edamame
- Cherry Tomatoes
- Snap Peas
- Avocado
- Cucumber
- Green Beans
- Mushroom
- Green Peppers
- Zucchini



Apple Slices

Sprinkle cinnamon on sliced apple wedges.



Yogurt Parfaits

They look decadent enough to eat for dessert, but yogurt parfaits are actually a very healthful option for after school snacks.



Snack Kabobs

Make snack kabobs. Slice a variety of bright fruit and thread on lollipop sticks. Or, slice cheese into cubes and alternate with pieces of grainfed white chicken breasts.



Monkey Mix

1 1/4 cups dried banana, 1 cup each dried papaya and dried mango, 1/4 cup sliced almonds, 1/4 cup coconut, 1/4 cup mini chocolate chips.



Banana Bread

This quick bread packs a healthy potassium punch and is easy to make.



Fruit Smoothies

Blended Fruit. (Puree a variety of fruit (blueberries, peaches, bananas) with a few ice cubes in the blender.



Celery Sticks

Spread celery sticks with nut butter (almond, hazelnut, peanut butter) or goat cheese. Top with cranberries.