



Children's Hospital Boston

Healthy Combination Snacks

- 5 **whole grain** crackers (*Kashi multi-grain, Barbara's Rite Light Rounds, Triscuits*) with:
 - 1 oz low-fat cheese (*Laughing Cow swiss, Mini babybel, Vermont light cheddar, or 2% American cheese*) or 1 Tbsp of **all-natural peanut butter** (*Teddy, Arrowhead, Smuckers*)
and
 - 1 small piece of fruit (apple, banana, peach, plum) or cup of melon or berries
- ¼ cup of nuts (**dry-roasted**) with:
 - 2 Tbsp of dried fruit (raisin, cranberries, etc)
and
 - 5 Whole grain crackers
- Light/low-fat yogurt (*Dannon Light & Fit or Stoneyfield Farm Organic low-fat*) with:
 - low-fat granola or walnuts mixed in
and
 - small piece of fruit
- Tortilla chips (*Garden of Eatin white or blue corn*) with:
 - Salsa or ¼ cup of hummus
and
 - cut up veggies (baby carrots, peppers, broccoli, cauliflower)
- Pretzels (*Snyders*) with:
 - hummus (1/4c) **or** all-natural peanut butter
and
 - veggies or piece of fruit
- *Goldfish** (1/2 cup) and low-fat cheese with a small apple
- *Stacey's Soy Thin Crisps* (white cheddar or sweet barbeque), with low-fat cheese, and piece of fruit
- *Honey Graham** crackers (2 blocks) with all-natural peanut butter (1 Tbsp) and piece of fruit
- Baby carrots with all natural peanut-butter (1 Tbsp) and *Honey Graham* crackers (2 blocks)
- Banana with all natural peanut-butter (1 Tbsp) and light/low-fat yogurt (4-6oz)
- Hard boiled egg, piece of fruit, and whole wheat toast with light butter
- 1 cup of popcorn (*Smart Food or Boston's*), ¼ cup of nuts, 1 Tbsp of raisins
- **Home-made Trail mix:** 2 Tbsp dried fruit, ¼ cup mixed nuts, 1 Tbsp of M&M's, and ¼ cup of *Barbara's Shredded Spoonfuls* store in single serving little zip lock bags
- **Fruit Smoothie:** Blend light/low fat yogurt, 1/2 cup low-fat milk, 1 cup of fresh or frozen berries (strawberries, raspberries, blueberries) or small banana
- **Peanut Butter Smoothie:** Blend 1 cup of low-fat vanilla ice-cream or frozen yogurt (*Hood brand*), 1 cup of low-fat milk, 2 Tbsp of all-natural peanut butter, and ½ of banana