



Healthy Snacks

What are snacks?

Snacks are “mini-meals” for growing children that help them get enough good nutrition.

What foods should I feed my child for snacks?

Combine at least two food groups to make up a hunger-satisfying snack. The food groups are grain, protein, fish, vegetables and milk.

All foods can fit into healthy eating. Sometimes snacks can be fruits and vegetables, and other times snacks can be fun foods like popcorn and cookies.



Snack ideas

- Cereal bar or granola bar and milk
- Hummus with pita or veggies
- Light microwave popcorn or air-popped popcorn and parmesan cheese
- Crackers (such as Melba toast, saltines or Triscuits) and a cheese slice
- Beans and tortillas
- Peanut butter, almond butter, or soy nut butter on celery, apple or crackers
- Half a peanut butter sandwich
- Sliced turkey and whole wheat bread
- Homemade cookies (try oatmeal) and low-fat milk
- Pudding made with low-fat milk and graham crackers
- Graham crackers and peanut butter
- Fresh fruit and cottage cheese
- Animal crackers and low-fat milk
- Celery with cream cheese
- Carrots or pepper strips and ranch dip
- String cheese and fresh fruit
- Baked tortilla chips with salsa
- Low-sugar cereal with low-fat milk



How often should I feed my child?

Plan sit-down snack times midway between meals. It's the job of parents to choose the snack and to choose when it's eaten and where it's eaten. The child decides how much to eat and whether or not they eat the snack.

What are some meals or snacks that I can give my child?

Cereal parfait

Layer low-fat yogurt with cereal and frozen berries.

Trail mix

Mix ingredients like dried fruit, low-sugar cereal (such as Kix, Shredded Wheat, Cheerios, or Kashi), nuts, and soy nuts with some mini chocolate chips or M&M's.

Smoothie

Blend low-fat milk and fruit, like bananas and berries (fresh or frozen). Add frozen yogurt to make a fruit milkshake.

Rabbit bag

Keep cut up fruits and veggies in small plastic bags in your refrigerator. If you are adding apples, also add orange slices to keep apples from turning brown.



Pizza bagel

Add tomato sauce and low-fat cheese to half a bagel (or an English muffin). Bake or microwave it until the cheese melts.

Who can I call if I have questions?

For more information about healthy snacks, please contact a registered dietitian or primary care doctor. This sheet does not take the place of nutrition counseling with a registered dietitian. Medical professionals should consult with a registered dietitian before providing handouts to clients or patients.

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