



# A Guide to Healthy Snack Ideas

Vanessa A. Farrell, Associate In Extension, Nutritional Sciences  
Hannah Berge, Former UA Student  
University of Arizona

## Tips on including Kids in Snack Creation

- Have kids help think of new creative snacks including their favorite foods.
- Include kids in the grocery shopping by letting them pick out a new fruit or vegetable to try each week.
- Explore the Arizona Nutrition Network site as a family and include everyone in picking out new recipes to try and make together.

## Additional Resources

<http://mypyramid.gov/>  
<http://eatwellbewell.org/>  
Satter E. How to get your kid to eat but not too much.  
Boulder (CO): Bull Publishing; 1987.

## Sources

Recipe courtesy of the Arizona Nutrition Network <http://eatwellbewell.org/parents/resources/recipes>  
Eatright.org  
Pictures used with permission of freedigitalphotos.net  
[http://www.freedigitalphotos.net/images/gallery\\_Fruit\\_m104-sb\\_title-so\\_ascending-page4.html](http://www.freedigitalphotos.net/images/gallery_Fruit_m104-sb_title-so_ascending-page4.html)

## Carrot Dip (Makes six servings)

### Ingredients

- 6 carrots, shredded
- 1 ½ cups fat free plain yogurt
- 1 clove of garlic mashed
- 1 tablespoon oil
- Juice from half a lemon
- ½ tsp salt



### Directions

1. Wash hands thoroughly with warm water and soap
2. Wash, peel, and grate carrots
3. Add garlic, oil, lemon juice, and salt to yogurt and stir
4. Add Carrots and mix well
5. Serve as a dip with whole grain crackers or veggies

For nutrient information and more delicious & easy snack recipes, including honey nut yogurt, awesome applesauce, artichoke guacamole and more, visit:

<http://eatwellbewell.org/parents/resources/recipes>

# Food For Thought

Children can develop healthy nutrition habits, by choosing healthier snacks, taking part in snack and meal preparation, and packing healthy snacks for school snack time. Healthy snacks add to a balanced diet and help children stay focused at school.

**“The equation for a nutritious snack = (a fruit or vegetable or grain) + (meat/bean or dairy).”**

## MyPyramid.gov Ideas

**Fruit or Veggie Ideas:** apple slices, kiwi, oranges, grapes, banana, dried fruit, raisins, celery sticks, carrot sticks, raw broccoli, bell pepper, tomato, tomato pizza sauce

**Grain Ideas:** whole grain crackers, rice cakes, popcorn, slice of toast, pretzels, whole grain or baked chips, cereal, bagel, pita bread, English muffin

**Meat/Bean Ideas:** peanuts\*, slice of deli meat, peanut butter\*, tuna, mixed nuts\*, sunflower seeds

**Dairy Ideas:** string cheese, skim or 1% milk, low fat cream cheese, low fat pudding, low fat yogurt, skim shredded cheese

Eating a combination of foods will help children stay full and focused longer. Creating new combinations adds variety and makes snacks part of a balanced diet.

**Be Creative** and let your kids come up with combinations of their own favorite healthy foods.

## Healthy Snack Ideas

### Pack & Go Snacks:

- Celery sticks with peanut butter\* for dipping
- Apple slices sprinkled with cinnamon
- Carrots and celery to dip in low fat ranch dressing
- Baked tortilla chips with a container of salsa for dipping
- Bag of pretzels with peanut butter\* for dipping
- Whole grain crackers with string cheese
- Apple Cinnamon mini rice cakes with peanut butter\* for dipping
- Whole grain pita with sliced banana, spoonful of peanut butter\*, and a little honey
- Low fat pudding with animal crackers for dipping
- Fresh fruit such as oranges, grapes, or bananas

Food Safety Tip: Use insulated lunch bags to keep perishable foods cold.

[cals.arizona.edu/pubs/health/az1512.pdf](http://cals.arizona.edu/pubs/health/az1512.pdf)

### After School Snacks:

- Whole grain pita with a spoonful of pizza sauce, shredded part-skim mozzarella, ring of pineapple, and slice of deli ham
- Spread banana with peanut butter\* and roll in whole grain cereal
- Flour tortilla topped with melted cheese, bell pepper, and tomato
- Chocolate rice cake with low fat cream cheese and fresh fruit on top
- Open faced sandwiches on half an English muffin with mustard, slice of cheese, and a slice of deli meat
- Spread a little low fat cream cheese on whole grain crackers
- Bowl of popcorn with parmesan cheese sprinkled on the top

\* These snack ideas contain peanuts or products made with peanuts, be cautious when preparing or serving these snacks around children who may have a peanut allergy.

