



HEALTHY KIDS WORLD™

Your Eye On Kids' Health™ 

We publish timely, quality, accurate news to
keep our world's children healthy.



Healthy Snacks -

Here are some Snack Ideas that are Healthy and Fun to Eat!

- Raw veggies, such as celery, green or red bell pepper strips, cauliflower, and broccoli florets. Use hummus or two tablespoons of natural peanut butter for dipping.
- Cold cuts (turkey, chicken, lean roast beef, boiled ham) - try rolling a slice of lean meat with a lettuce leaf, some mustard, and some chopped green pepper
- Part-skim mozzarella cheese sticks
- Nuts (15 almonds, 20 peanuts, or 30 pistachios), but be sure to stick to one serving by counting the nuts out and keeping them in individual serving containers
- Cottage cheese (reduced fat or fat-free) with salsa or chopped cucumber
- Dry-roasted or boiled, ready-to-eat edamame (green soybeans)
- Sunflower seeds
- Greek yogurt (plain, fat-free)
- Tomato juice or vegetable-juice cocktail, single-serving cans
- Water-packed tuna and salmon (individual cans or pouches)



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Healthy Snacks -

**Here are some Snack Ideas that are Healthy and Fun to Eat!
(Continued)**

- Carrot sticks with hummus
- Whole-grain crackers and reduced-fat cheese
- A serving of high-fiber whole-grain cereal (a great snack without milk)
- Dried apricot halves with almonds (seven apricot halves and seven almonds)
- Microwavable popcorn, individual pack (check the label to make sure it does not contain trans fats)
- Frozen bananas - remove skin, slice in half lengthwise, and freeze - add 1 Tbsp peanut butter or almond butter and make a sandwich. Cool and Delicious!