



**Arkansas  
Children's  
Hospital**

# Healthy Snacks for Kids

Snacks are an important part of daily nutritional intake. Here are some ideas to get you thinking about healthy snacks to offer your kids. Choose one item from each column and offer a small portion size of each.



## Vegetables/Fruits

Bell pepper strips  
Baby carrots  
Carrot sticks  
Cucumber slices  
Broccoli florets  
Celery sticks  
Zucchini sticks or slices  
Corn  
Grilled mushrooms  
Salsa  
Clementines  
Grapes  
Berries  
Cantaloupes  
Melon  
Pineapple  
Canned fruit in juice  
Unsweetened applesauce  
Banana  
Frozen fruit and juice bar  
Apples: whole or sliced  
Oranges  
Broth-based vegetable soup  
Pears  
Dried fruit of any kind  
Raisins



## Carbohydrates

Whole wheat crackers (Triscuits)  
Saltines  
Goldfish  
Animal crackers  
Smart Pop or other healthy popcorn  
Fig Newtons  
Baked potato chips  
Graham crackers  
Ginger snaps  
Flavored rice cake  
Pretzels  
Pita (stuff with vegetables)  
Flour tortilla  
Wheat Chex  
Cereal (low sugar/fat, high fiber)  
Whole wheat English muffin  
Whole wheat bread  
Low fat granola  
Bran muffin, low fat, small or 1/2



## Protein

Peanut butter  
Almonds  
Peanuts  
Refried beans  
(vegetarian)  
Cheese slice or stick  
(low fat)  
Ham slice  
Skim milk  
Yogurt (low fat)  
Frozen yogurt (low fat)  
Milk shake (add fruit)  
(low fat)  
Pecans  
Hummus

- Make fruit more interesting with a sprinkling of cinnamon or nutmeg. Make vegetables more interesting with mustard, lemon juice, or fat free dips (ranch, bbq, etc.). Make both more interesting by giving it a cute presentation (use the food to make a face, an object, or a holiday creation).
- Keep liquid calories to minimum – water or 8 oz of fruit juice (you can mix the latter with seltzer to make a fruit juice spritzer but this counts as a fruit) or skim milk (but this counts as a protein).
- Current FDA guidelines for children are different depending on age, gender, and activity level. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information.
- Always check with your health care provider before changing your nutritional intake. Consultation with a nutritionist can also be very helpful.

*For more information regarding these handouts contact:*

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