

# 40 Healthy Snack Ideas

Snacks are a great way to introduce more nutrient-dense foods into your child's diet. Below are a few examples of some healthy and nutritious snacks perfect for kids!

## DAIRY

- Milk
- Yogurt sticks
- Cheese bites
- String Cheese
- Kefir (drinkable yogurt)

## FRUITS

- Bananas, apples, grapes, oranges
- Pitted cherries, grapes, plums
- Chopped strawberries, blueberries
- Dried fruits like apricots, apples, dates, raisins, cranberries

## VEGGIES

- Carrot/Celery sticks
- Raw or cooked cauliflower/broccoli
- Bell pepper strips
- Chopped cherry tomatoes
- Sliced cucumber
- Avocado slices

## GRAINS

- Whole wheat bread
- Whole grain crackers
- Brown rice cakes
- Whole grain dry cereals
- Puffed popcorn bites

## MEATS

- Peanut butter or other nut butters
- Canned fish like tuna or salmon
- Beans like Edamame, chickpea hummus spread
- Hardboiled eggs



**Dairy contains important nutrients that help kids grow and develop into healthy adults!**

**Dairy products are versatile and affordable!**

**Cow's milk contains more naturally occurring nutrients than most other beverage options!**

**DID YOU KNOW?**



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