Healthy Snacks for School

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| **Fresh Fruit-Frozen Bananas** | **Nuts** |
| **Granola Bars** | **Popcorn** |
| **Rice Cakes** | **Veggies** |
| **Low fat yogurt/Frozen Go-Gurt** | **Whole grain foods/crackers** |
| **Dried Fruit** | **Cereal/whole grain bars** |
| **Cheese** | **Pretzels** |
| **Trail Mix, Chex Mix** | **Del Monte-Fruit cup, Fruit Chillers, Fruit Naturals, Gels, Frozen Fruit Chillers**  |

**Beverages/Carbohydrates**

* Combined with fruits, whole grains and low-fat dairy products, beverages help provide nutrients and keep you full. Avoid juices that contain less than 50-percent juice, as many of these juices contain sweeteners that are high in sugar and calories equal to those in soda. Drinks that contain 100 percent juice provide [essential vitamins](http://www.ehow.com/info_7949406_list-healthy-snacks-schools.html) and nutrients. If you dislike the taste of 100 percent juice, drink water. Remember, water contains no calories and should be your main drink while snacking as it helps keep you full and is healthy.
* Companies advertise their product as containing natural fruit juices, low-sugar and no trans-fat. However, these snacks still are rich in sugar and simple carbohydrates. Healthy alternative snacks, such as fiber- or protein-rich snacks, contain complex carbohydrates that keep you full longer and promote good health. Read more: <http://www.ehow.com/info_7949406_list-healthy-snacks-schools.html#ixzz2aAnAuojL>

**Healthy snack ideas for home**

* Our healthy kids [snack recipes](http://www.eatingwell.com/recipes_menus/collections/healthy_recipes_for_kids_snacks) are perfect to pack in a lunchbox or serve as an after-school snack, which won't ruin your kid's appetite for dinner. Full of nutritious ingredients, these recipes are quick and easy enough for even your kids to prepare.