



## Healthy snacks suggestions that boost health, brainpower and energy

**Fruit:** *Fruit provides essential vitamins and minerals, antioxidants and fiber that are important for good health. Fruit is a wonderful snack all on its own. Frozen and canned fruits can be a good alternative to the fresh form. Look for dried fruits with no added sugars and canned fruit in 100% juice.*

- **Apples or unsweetened applesauce:** Spread apple slices with a little nut butter, or simply sprinkle with a little cinnamon.
- **Bananas:** Peel and freeze bananas to blend in a fruit smoothie.
- **Berries** (blueberries, strawberries, blackberries and raspberries): Top low fat yogurt, cottage cheese or oatmeal with berries or blend them in a smoothie.
- **Grapes:** Wash and dry grapes, then freeze them for a cool treat on a hot day.
- **Melons** (cantaloupe, honeydew or watermelon): Refreshing to eat on a popsicle stick
- **Tropical fruits** (grapefruit, mango, oranges, papaya, pineapple and kiwi): *Tropical fruits are a great source of vitamin C which can help to boost the immune system and aid in the development of healthy bones, teeth and gums.*
- **Peaches and pears:** Delicious blended in a smoothie, chopped and baked in muffins or stewed with a little honey and cinnamon to top warm pancakes, French toast or oatmeal.
- **Raisins:** Add them to a trail mix of nuts, seeds, pretzels and whole grain cereal or as “Ants on a log” on top of celery spread with peanut butter or low fat cream cheese.
- **100% fruit leathers and/or popsicles**

**Vegetables:** *Vegetables are rich in vitamins and minerals, helping to keep our bodies strong and healthy. Aim for fresh varieties. However, frozen vegetables are great too! If using canned veggies, make sure you rinse them.*

- **Carrots, cucumbers, celery, bell peppers, snap peas, broccoli and cauliflower:** Fantastic raw, slightly steamed, or dipped in your favorite dressing, bean dip (hummus), or Greek Yogurt dip (Tzatziki). Create a rainbow sampling on your plate.
- **Edamame:** Steam, and eat them right out of the pod.
- **Kale:** Try making kale chips at home with your kids or blend it up into a pineapple-orange smoothie
- **Peas:** Fun to eat frozen.
- **Spinach:** Great for salads or blended into a banana-berry smoothie.
- **Tomatoes:** Cherry/grape tomatoes are great on veggie kebabs.
- **Zucchini:** Try making zucchini pizza bites (top 1/4” round slices with marinara and cheese then broil them for a couple of minutes) or make whole wheat zucchini muffins.

**Dairy** *is a great source of protein and calcium, which are important for growth and building strong bones.*

- **Low fat Yogurt** (includes yogurt tubes and drinkable varieties): Top yogurt with berries and a low sugar, whole grain cereal for a parfait. Blend yogurt into a smoothie with fresh fruit and pour leftovers into Popsicle molds and freeze for a refreshing snack.
- **Cheese** (cubes, sticks, slices.): Eat with whole grain crackers or make cheese and fruit/vegetable kebabs for a nutritious snack.
- **Low fat cottage cheese:** Top with fruit for something sweet or make it savory by adding tomatoes, cucumbers and basil.



## Protein/Healthy Fats:



- **Hard Boiled Eggs** are rich in *choline*, which is important for brain health and development and may also play a role in memory. Top whole grain crackers with egg salad (use avocado instead of mayonnaise) or make deviled eggs by mixing 1 yolk with 1 Tbsp hummus.
- **Beans** (garbanzo beans, black beans, kidney beans or refried beans): Great mixed with your favorite chopped veggies and low fat dressing or stuffed in a cheese quesadilla with salsa.
- **Hummus**: Use as a vegetable dip or spread on a whole grain tortilla with your favorite leafy greens for a delicious wrap.
- **Nuts/Seeds (1oz. = ¼ cup or nut butters)**: Nuts and seeds contain essential heart healthy fats as well as important vitamins and minerals required for growth and development. Add nuts/seeds to a trail mix or sprinkle on yogurt or oatmeal. Spread nut or seed butter on a tortilla, sprinkle with cinnamon and raisins then roll it up. Yum!
- **Olives** are full of antioxidants, which help to fight disease. They also contain high amounts of healthy monounsaturated fats. Olives are great with cheese and crackers and on top of mini pizzas made with English muffins or whole wheat sandwich thins as crust.

**Grains:** Try choosing **whole grains** when possible. Whole grains are rich in B vitamins and iron, which are essential for energy. Additionally, whole grains are full of fiber and antioxidants, helping to keep your body healthy and strong.

- **Animal crackers** (choose the non-iced version).
- **Mini bagels (1.5oz) or sandwich thins**: Make them into mini pizzas. Also, try toasting and topping them with cream cheese and berries or peanut butter and bananas.
- **Baked chips** (potato, corn, or pita): Enjoy them with salsa, hummus, or bean dip.
- **Crackers and Pretzels**: Kid friendly whole-grain/multi-grain brands include Ak-Mak, Crunchmasters, Goldfish, Triscuits, and Wasa. Crackers are great with cheese, nut-butter and hummus, or, spread some cream cheese on them and top with your favorite fruit or veggie.
- **Granola bars**: choose varieties that have minimal ingredients and 10 grams of sugar or less
- **Oatmeal**: For plain oatmeal, add a little vanilla almond milk, a sprinkle of cinnamon and top with berries. Or try mixing in 1/2 Tablespoon of peanut butter with a bit of nonfat milk then top banana slices and a drizzle of honey. Refrain from adding sweeteners to the flavored packaged varieties, as they are already sweetened.
- **Popcorn** (air-popped or popped the old-fashioned way – stovetop with a little coconut oil): add a dusting of Parmesan cheese or a sprinkle of cinnamon. Believe it or not popcorn is a whole grain!
- **Whole grain muffins, bread, tortillas or pasta**: Snacks don't need to be difficult or dessert-like. Sometimes, just having a smaller portion of a meal can be the best fuel for your body. For example a half sandwich, or a bit of a leftover quesadilla from the night before.

**Beverages:** Water makes up more than half of our body weight and is necessary for keeping our body functioning at its best.

- **Water or water flavored with fruit** (strawberries, lemons, or oranges): Adding a little fruit for flavor can be a great way to boost water intake.
- **Skim or low fat (1%) milk and 100% fruit juice** can be a healthy beverage option when consumed in moderation.
- Increasing your intake of fresh fruits and vegetables (which contain large percentages of water) can also help with hydration.

**Fuel healthy and feel great!**

**....because when you eat well, you feel strong and you can to perform your best in the classroom and on the sports field!**