



**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 for more information.
- Always check with your medical physician 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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