

# Healthy Snacks

## Handout 1

### Fruits

Fruit is naturally sweet, so most individuals love it. Fruit can be served whole, sliced, cut in half, cubed or in wedges. Canned, frozen and dried fruits often need little preparation.

- Apples
- Apricots
- Bananas
- Blackberries
- Cantaloupe
- Grapefruit
- Grapes
- Honeydew melon
- Kiwis
- Oranges
- Peaches
- Nectarines
- Pineapples
- Pears
- Plums
- Tangerines
- Strawberries
- Watermelon

**Dried Fruit** – Try raisins, apricots, apples, cranberries, pineapple, papaya and others with little or no added sugar.

**Frozen Fruit** – Try freezing grapes or buy frozen blueberries, strawberries, peaches, mangoes and melon.

**Fruit Salad** – Get kids to help make a fruit salad. Use a variety of colored fruits to add to the appeal.

**Smoothies** – Blend fruit with juice, yogurt or milk and ice. Many store-made smoothies have added sugar and are not healthy choices.

### Vegetables

Vegetables can be served raw with dip or salad dressing.

- Broccoli
- Carrot sticks/baby carrots
- Cauliflower
- Celery sticks
- Peppers
- Snap peas
- String beans
- Cucumber
- Tomato slice
- Squash
- Zucchini

**Salad** – Make a salad or set out veggies like a salad bar and let everyone build their own salads.

**Veggie Pockets** – Cut whole wheat pitas in half and let everyone add veggies with dressing.

**Ants on a Log** – Let kids spread peanut butter on celery (with a plastic knife) and add raisins.

### Healthy Grains

Though most kids eat plenty of grain products, too many of those grains are cookies, snack cakes, sugary cereals and other refined grains that are high in sugars or fat. Try to serve more whole grains. They provide more fiber, vitamins and minerals than refined grains.

**Whole Wheat English Muffins, Pitas or Tortillas** – Stuff them with veggies or dip them in bean dip.

**Breakfast Cereal** – Whole grain cereals make good snacks, either dry or with low-fat milk.

**Popcorn** – Look for low-fat popcorn in a bag or microwave popcorn. Or you can air-pop popcorn and season it, e.g., by spraying it with vegetable oil and adding parmesan cheese, garlic powder or other non-salt spices.

**Baked Tortilla Chips** – Baked tortilla chips are usually low in fat and taste great with salsa and/or bean dip. Look for brands with less sodium.

**Granola and Cereal Bars** – Look for whole grain granola bars that are low in fat and sugar.

**Pretzels, Breadsticks and Flatbreads** – These low-fat items can be offered as occasional snacks. However, most of these snacks are not whole grain, and most pretzels are high in salt.

## Low-Fat Dairy Foods

Dairy foods are a great source of calcium, which can help to build strong bones. However, dairy products also are the biggest source of artery-clogging saturated fat in everyone's diets. To protect children's bones and hearts, make sure all dairy foods served are low-fat or fat-free.

**Yogurt** – Look for brands that are low-fat or fat-free, moderate in sugars (no more than 30 grams of sugars in a 6-ounce cup) and high in calcium.

**Low-Fat Cheese** – Cheese provides calcium. Choose non-fat cottage cheese or other low-fat cheese.

**Low-Fat Pudding and Frozen Yogurt** – Low-fat or fat-free pudding and frozen yogurt should be served only as occasional treats, because they are high in added sugars.

## Healthy Beverages

**Water** – Drink water with your snacks. Water satisfies thirst and does not have sugar or calories. If kids are accustomed to getting sweetened beverages at snack times, it may take a little time for them to get accustomed to drinking water.

**Low-Fat and Fat-Free Milk** – Milk provides key nutrients, such as calcium and vitamin D. Choose fat-free (skim) or low-fat (1%) milk to avoid the heart-damaging saturated fat found in whole and 2% (reduced-fat) milk. It is best to serve fat-free versions of chocolate, strawberry or other flavored milks to help balance the extra calories coming from added sugars.

**Fruit Juice** – Try to buy 100% fruit juice and avoid the added sugars of juice drinks, punches, fruit cocktail drinks or lemonade. Drinks that contain at least 50% juice and no additional caloric sweeteners are also healthful options. To find 100% juice, look at nutrition facts label for the percentage of the beverage that is juice.

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