



# How to make SNACKS FOR KIDS



## Anatomy of a Snack

To make your snacks have staying power, include at least one protein food as well as a carbohydrate, fruit, or vegetable.

### Protein Foods

- Peanut Butter
- Almond Butter
- Hard Boiled Egg
- Hummus
- Kefir
- Milk
- Yogurt
- Cheese
- Milk
- Chickpeas
- Beans
- Lunchmeat

### The Best of Both

- Date Balls with nuts
- Smoothie with spinach, fruit, and milk or yogurt
- Quesadillas
- Bread Pizza

### Carbohydrates, Fruits, and Vegetables

- Dried Fruit (apricot, bananas)
- Carrots
- Apples
- Bananas
- Melon
- Crackers
- Cookies
- Cherry Tomatoes
- Pretzels
- Toast/bread
- Granola
- Cereal (unsweetened, whole grain is best)
- Popcorn
- Avocado