



Palo Alto Medical Foundation

**Sutter Health**

We Plus You



## Healthy Snacks for kids and teens

Healthy snacks can provide energy, and control appetite throughout the day. Well chosen snacks provide an opportunity to increase fruit and vegetable intake. Choosing a snack with a protein and a fiber source will help your child feel full between the meals.

- ❖ Plate with baby carrots, celery sticks, cucumber slices, green pepper rings, cherry tomatoes, sugar snap peas, broccoli, cauliflower with 2 tablespoons of low fat ranch dressing, and hummus or salsa.
- ❖ Apple slices with peanut or almond or cashew butters.
- ❖ Ants on a log: 2 stalks of celery with 1-2 tablespoons of peanut or almond butter.
- ❖ Slices of pear or apple or a cup of berries with handful of walnuts, almonds or an ounce of low fat cheese cubes
- ❖ 5-7 whole wheat crackers with a slice of low fat cheese.
- ❖ Light yogurt with berries.
- ❖  $\frac{1}{2}$  Whole wheat pita bread with light mayonnaise stuffed with turkey, lettuce and a tomato.
- ❖ A bowl of tomato, vegetable, or bean soup with a handful of whole grain crackers.
- ❖ Cut up fresh fruit with cottage cheese.
- ❖ 3 Cups air popped pop corn.
- ❖ 1 Whole wheat tortilla with 1 oz melted low fat cheese.
- ❖ 1 Whole wheat tortilla rolled with  $\frac{1}{2}$  cup black beans and salsa
- ❖ 1 Whole grain bread with avocado and sliced turkey.
- ❖ Cut up medium size fruit with 1 oz low fat cheese cubes.
- ❖ Frozen handful of grapes or a frozen banana
- ❖ Hard boiled egg or egg salad on a whole wheat bread.
- ❖ Steamed edamame



