

HEALTHY SNACK-TIME IDEAS

THE HOLIDAYS BRING LOTS OF UNSUPERVISED SNACK OPPORTUNITIES AND LOTS OF SWEET TREATS. HELP KEEP YOUR CHILD BALANCED WITH THESE FUN AND HEALTHY OPTIONS FROM THE ACADEMY OF NUTRITION AND DIETETICS:

rocky road

Break a graham cracker into bite-size pieces. Add to low-fat chocolate pudding along with a few miniature marshmallows.

parfait

Layer vanilla yogurt + mandarin oranges or blueberries in a tall glass.

Top with a sprinkle of granola.

mini pizza

Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.

snack kabobs

Put cubes of low-fat cheese and grapes on pretzel sticks.

banana split

Top a banana with low-fat vanilla and strawberry frozen yogurt. Sprinkle with your favorite whole-grain cereal.

inside-out sandwich

Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.

Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.

spread peanut butter on apple slices

sprinkle grated parmesan cheese on hot popcorn

got a dipper?

- dip baby carrots and cherry tomatoes in low-fat ranch dressing
- dip strawberries or apple slices in low-fat yogurt
- dip pretzels in mustard