



Hungry? Reach for a HEALTHY SNACK!

- ✓ *Raw vegetable sticks/slices with low fat dressing or yogurt dip*
- ✓ *Fresh fruit wedges-cantaloupe, watermelon, pineapple, oranges, etc..*
- ✓ *Fruit salad*
- ✓ *Cereal with low fat milk*
- ✓ *100% fruit or vegetable juice*
- ✓ *Dried fruit pops made with fruit juice*
- ✓ *Dried fruit-raisins, cranberries, apples, apricots, etc.*
- ✓ *Single serving applesauce or can fruit in juice*
- ✓ *Peanut butter with apple wedges or celery sticks*
- ✓ *Trail mix (dried fruit and nuts)*
- ✓ *Dry roasted nuts*
- ✓ *Lean meats*
- ✓ *Party mix, pretzels, or reduced fat crackers*
- ✓ *Baked chips with salsa or low fat dip*
- ✓ *Low fat muffins, granola bars, graham crackers, or fig bars*
- ✓ *Bagels with light or fat free cream cheese*
- ✓ *Pasta salad*
- ✓ *Bread sticks with marinara sauce*
- ✓ *Fat free or low fat yogurt, frozen yogurt, pudding cups, and fruit parfaits*
- ✓ *Fat free or low fat cheese cubes, string cheese, cottage cheese and milk*

<http://www.healthyfridge.org/kids.html> - An online quiz for kids regarding snacking decisions

http://www.mypyramid.gov/kids/kids_game.html- An interactive computer game for the food pyramid

<http://www.healthiergeneration.org/parents.aspx> - Information on food choices, exercise, and children's health

<http://family.go.com/food/> - Healthy recipes for athletes in training, families, and tips to healthy kids

http://www.eatingwell.com/recipes/collections/healthy_eating_kids.html - Healthy kid friendly recipes and menus.