

Healthy Snack Ideas

for kids

▶ Whole Grain Goldfish + Fruit



▶ Belvita Breakfast Biscuit +
Greek Yogurt

▶ Chocolate Peanut Butter
Banana Bites



▶ Trail Mix (nuts + cheerios +
raisins)

▶ Hummus + Veggies (carrots,
cucumber, peppers etc.)



Dietitian Tips

Try to minimize distractions when kids are eating



Water is best! When serving juice, look for 100%
fruit juice and keep servings 4oz-6oz

Look for the word "whole" on the ingredient list to
have a serving of whole grains



Involve kids in the kitchen! Allowing kids to explore
and create makes for better, well rounded eaters