



## 80 Healthy Snack Ideas For Kids

### Packaged snacks:

1. Low sodium popcorn
2. Seaweed
3. Seaweed chips
4. MadeGood granola bars
5. Apple chips
6. Mary's organic crackers
7. Mary's sea salt pretzels
8. Rye chips (by FiNN Crisp)
9. Bana Krisp fruit crackers
10. Annie's Bunny Grahams
11. Triscuit
12. Organic Slammers
13. Yucatan Guacamole dip  
with whole wheat pita
14. Barbara's fig bars
15. Simply protein kids bar
16. Unsalted pretzels
17. Nature's Path cereal
18. Coconut chips

### Fresh vegetable Snacks:

19. Cucumber
20. Cherry tomatoes
21. Celery sticks
22. Sliced carrots with  
hummus
23. Radish
24. Daikon radish
25. Rainbow peppers (Red  
pepper, Green pepper,  
Yellow pepper, orange  
pepper)

### Fresh Fruit snacks:

26. Rainbow fruit skewers
27. Sliced apples (with or  
without almond butter)
28. Frozen fruit sticks (just  
freeze any fruit and serve as  
a frozen dessert)
29. Orange
30. Tangerines

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|----------------------|--------------------------------------------------------|
| 31. Sliced Pears     | 57. Baked banana chips                                 |
| 32. Sliced mango     | 58. Baked radish chips                                 |
| 33. Cherries         | 59. Baked carrot chips                                 |
| 34. Kiwi             | 60. Tortilla pizzas                                    |
| 35. Grapes           | 61. Oatmeal cookies                                    |
| 36. Pineapple slices | 62. Banana muffins                                     |
| 37. Watermelon bites | 63. Banana wrapped in a<br>tortilla with almond butter |
| 38. Melon bites      | 64. Zucchini muffins                                   |
| 39. Strawberries     | 65. Fruit popsicle                                     |
| 40. Blueberries      | 66. Frozen yogurt blueberry<br>bites                   |
| 41. Prunes           | 67. Fruit rolls ups                                    |
| 42. Plums            | 68. Homemade cookies                                   |
| 43. Figs             | 69. Homemade gummies                                   |
| 44.                  | 70. Chocolate kiwi popsicles                           |
| 45. Bananas          |                                                        |
| 46. Raspberries      |                                                        |
| 47. Blackberries     |                                                        |

### Nuts

### Homemade/Cooked snacks:

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|---------------------------------------|---------------|
| 48. Cooked chickpeas (lightly salted) | 71. Almonds   |
| 49. Cooked beans (lightly salted)     | 72. Walnuts   |
| 50. Hardboiled eggs                   | 73. Chestnuts |
| 51. Chicken kabobs                    | 74. Pistachio |
| 52. Baked sweet potato fries          | 75. Pecans    |
| 53. Baked potato fries                |               |
| 54. Kale chips                        |               |
| 55. Zucchini chips                    |               |
| 56. Oven baked beet chips             |               |

### Snacks to Drink

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|-----------------------|
| 76. Smoothie          |
| 77. Chia seed pudding |
| 78. Lemonade          |
| 79. Hot chocolate     |
| 80. "Nutella milk"    |