

# Kids Healthy Snacks Ideas:

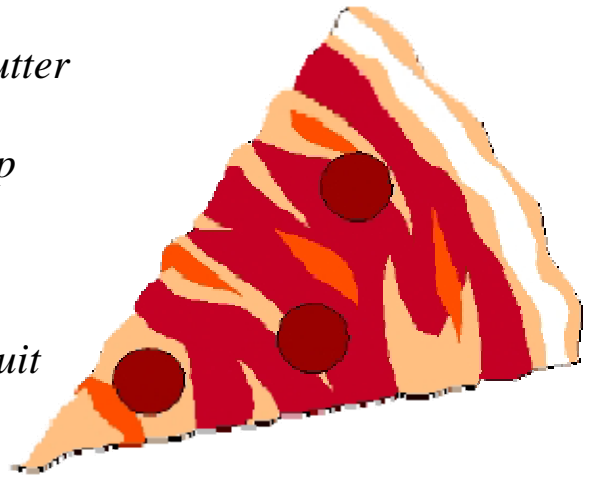
*Sandwiches made with lean meats or peanut butter*

*Crunchy vegetable sticks with low-fat ranch dip*

*Hummus and pita wedges*

*Yogurt parfait made with low-fat yogurt and fruit*

*Slice of leftover pizza*



*Fruit smoothie made in a blender with fresh fruits, yogurt and ice*

*Sliced tomato topped with a slice of mozzarella cheese and sprinkled with dill weed*

*Melon cubes with a slice of turkey*

*Hard boiled egg with a slice of turkey or whole wheat bread*

*Low-fat yogurt with berries and almonds*

*“Light” microwave popcorn with grated parmesan cheese*

*A bowl of cereal and milk*

*Banana slices with peanut butter*

*Woven wheat crackers and peanut butter or mozzarella cheese*

*A stack of “string” cheese and apple slices*

*An apple sliced and sprinkled with a small amount of sugar and cinnamon*

