Boost overall nutrition with healthy snacks.
Keep the energy going all day long!

Popular vegetables that can be served raw with healthy dips, spreads, and salad dressings include:
• Broccoli trees
• Baby carrots
• Celery sticks – add some nut butter and raisins...ants on a log
• Cucumber coins
• Peppers – red, green or yellow
• Snap peas
• Snow peas
• String beans
• Grape or cherry tomatoes
• Zucchini slices

Mix it up by serving fresh fruit as a salad or kabobs!

Fruit is naturally sweet and most kids love it. Choosing fresh fruit guarantees you’re getting no added sugar:
• Apples
• Apricots
• Bananas
• Blackberries
• Blueberries
• Cantaloupe
• Cherries
• Clementines
• Grapefruit
• Grapes – red, green, or purple
• Honeydew melon
• Kiwifruit
• Mandarin Oranges
• Nectarines
• Oranges
• Peaches
• Pears
• Pineapple
• Plums
• Raspberries
• Strawberries
• Tangerines

Bean dips, guacamole, hummus, salsa, and nut butters are all great for dipping or spreading!

Some other popular fruit forms among the kiddos:
• Applesauce (unsweetened)
• Canned fruit (in 100% juice or water)
• Dried fruit – try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugar
• Frozen fruit (check the label to be sure there is just fruit and no added sugar in the bag)

It’s a good idea to balance out snacks by serving foods from different food groups. So during your next snack time serve a fruit or vegetable WITH one of these foods:
• Whole wheat English muffins, pita, or tortillas
• Breakfast cereals – choose whole grain, low-sugar options like Cheerios, Grape-Nuts, Raisin Bran or Mini-Wheats
• Whole grain crackers like Triscuits or Wheat Thins
• Popcorn
• Baked tortilla chips
• Nuts or nut butter
• Unsweetened yogurt
• Cheese cubes
• Cottage cheese

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