

Great Food and Snack Choices for Children and Adolescents

Protein

Nuts or peanut butter (*if not restricted due to allergies*)
SunButter (*excellent alternative to peanut butter for allergy-safe schools*)
Low-fat cheese sticks
Low-fat yogurt
Low-fat cottage cheese
Hard-boiled eggs
Shrimp
Rolled-up turkey
Small cup of beans
Edamame

Vegetables

Tip: Prep ahead for the week in a plastic bin and keep in the fridge for easy access.
Mini peppers (*or cut-up peppers*)
Celery sticks
Carrot sticks (*one large or minis*)
Grape tomatoes
Cucumbers
Raw green beans
Broccoli pieces
A mixture of the above for more variety!

Grains

Whole grains
Whole grain flatbread
Whole grain rice (*watch portion!*)
Whole grain crackers

Fruits

Apple (*whole or slices sprinkled with lemon juice to avoid browning*)
Grapes
Oranges (*clementines easier for kids*)
Banana
Strawberries, blueberries, or raspberries
Cantaloupe or honeydew
Mango (*cut up*)
Raisins
Dried apples

Snack Ideas

Yogurt (*low-fat or fat-free and less than or equal to 5 grams sugar*)
100 calorie pack of nuts, or nuts in general (*limit: ¼ cup*)
Edamame – fresh, frozen, or dry roasted
Hard boiled eggs
Low fat cheese sticks
Hummus – great with vegetables
Natural peanut butter. *Label should read just ground peanuts and no added ingredients.*
Cottage cheese. *Can be used with healthy crackers or fruit.*
Low fat popcorn (*under 3 grams of fat*)

If you have questions about your child's weight, talk to your child's pediatrician or health care provider for their recommendations.

Saint Anne's Hospital

A STEWARD FAMILY HOSPITAL

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