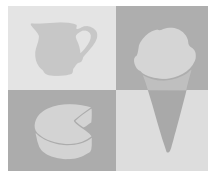
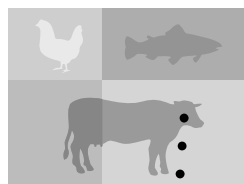


# HEALTHY SNACKS



## DAIRY PRODUCTS

Low fat or nonfat yogurt/frozen yogurt

String cheese (part-skim milk)

Low fat cheeses

Smoothies made with skim or low fat milk

Low fat or skim milk

Low fat chocolate milk



## FRUITS

Apples

Bananas

Oranges

Grapes

Strawberries

Melon Chunks

Pineapple

Watermelon pieces

Canned fruit packed  
in 100% juice

Fruit Juice (100%)

Dried Fruit



## VEGETABLES

VEGETABLE JUICE (100%)

VEGETABLE SOUP

BAKED WHITE AND SWEET POTATOES

CARROT

CUCUMBER

GREEN PEPPER

RED PEPPER

CELERY

TOMATO

BROCCOLI

ARTICHOKE

ASPARAGUS

SALADS

SERVE WITH LOW FAT DIPS AND DRESSINGS

## MEAT, FISH, POULTRY, DRY BEANS, EGGS & NUTS

Cashews

Peanuts\*

Peanut butter\*

Sunflower seeds

Bean dip

Bean soup

Bean salad

Tuna

Salmon

Turkey

Skinless chicken

## BREAD, CEREAL, RICE & PASTA

Whole grain crackers

Rice cakes

Fig bars

Graham crackers

Animal crackers

Popcorn

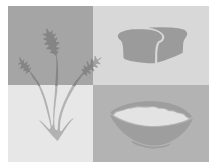
Pretzels

Dry cereal (without added sugars)

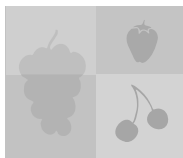
Whole wheat pita bread

Mini whole grain bagels

Top grains with low fat spreads, low fat  
cheeses and jellies without added sugar



# SUPER SNACK IDEAS



## BANANA MILK SHAKES

Need: blender, electric beater (or jar with a lid), plastic liquid and solid measuring cups, measuring spoons, 3-4 plastic zip lock bags, cups.

3-4 ripe bananas

3 cups milk

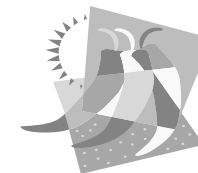
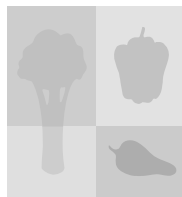
1 cup yogurt or ice cream

1 teaspoon vanilla

1 tablespoon honey (optional if using yogurt)

Let children help with each activity.

1. Peel each banana and place in a separate plastic bag. Seal well.
2. Pass around plastic bags and let children mash banana well with their hands.
3. Squeeze bananas out of plastic bags into blender, large bowl or large jar.
4. Measure other ingredients into container.
5. Blend or beat at high speed for 2-5 minutes as needed for thick milkshakes. Adult may shake well if using a large jar.
6. Pour 1/2 to 3/4 cup portions into cups as preschoolers desire. They may want to taste it first and then try more once they decide they like it. Serves 8.



## MEXICAN BEAN DIP

**1 15-oz. can dark red kidney beans**

**2 teaspoons chili powder (to taste)**

**2 teaspoons cumin (to taste)**

**Drain beans, reserving 2 tablespoons of liquid.**

**Place liquid in blender with drained beans and spices. Puree until smooth.**

**Serve with raw vegetables or tortilla chips.**

## SNACK ON A STICK

*This snack is healthy and fun to make and eat, and it's easily portable whether you're eating a quick snack between activities, going on a picnic or packing a cooler.*

- Meat, cooked, cold (leftover chicken, turkey, ham, beef)
- Cherry tomatoes or small tomato wedges
- Green peppers; cheese; olives; pickles

1. Cut meat, cheese, pepper, pickles and tomatoes into cubes or squares.
2. Spear ingredients onto skewers until skewers are filled. Vary the order of the meats, cheese and vegetables.
3. Change the kabob by adding anything that will stay on a skewer, such as raw cauliflower, carrot, fruit pieces or chunks of bread.

**Bergen County Department of Health Services**  
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