

HEALTHY SNACK IDEAS TO BRING TO SCHOOL

Lori Kupferman MS, LDN, RD, CPT

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Specific Snack Ideas

String cheese and whole-grain crackers
Nonfat yogurt mixed with fresh fruit and granola
Cereal (high fiber is best) and milk
Cut-up fruit or vegetables with yogurt dip
½ Whole-wheat pita(1-2 mini pitas) filled with hummus
Fat-free tortilla (small) filled with turkey, cheese, and vegetables (or your choice of items inside)
½ of a bagel (1 mini bagel) topped with peanut butter (almond or cashew butter) and banana slices
Fat-free pudding cup
Handful of nuts mixed with a few chocolate chips
Low-fat(or skim) milk and 2-3 gingersnap cookies
Pretzels dipped in low-fat ranch dressing
Low-fat (fat free) cottage cheese topped with fruits and/or fresh veggies
Frozen waffle topped with unsweetened applesauce
Low-sodium tomato soup made with low-fat milk and a handful of oyster crackers
Low-sodium tuna salad on whole-wheat toast
Dried cereal with seeds, nuts, or dried fruit (trail mix)
Half a sandwich and a piece of fruit
Peanut butter and crackers

More General Snack Ideas (expand on your own)

Cheese and crackers	High-fiber granola bar
Yogurt	Graham crackers
Fresh fruit and milk	Applesauce
Cereal bars (low sugar)	Multigrain chips or tortilla
Cereal and milk	Dried fruit
Nuts	Tube yogurt (try freezing)
Bran muffins (no Trans fat)	Cereal bars
Boiled edamame (soybeans)	Dry cereal
Fruit leather	Banana chips
Sunflower seeds	Dried peas
Baked potato chips	Breadsticks
Pretzels	
Multigrain crackers	