

Advantages of Healthy Snacks

Children who eat balanced snacks pay attention longer in class, make fewer mistakes on tests and generally have fewer behavioral problems.

As parents, we know the challenge of coming up with healthy snacks that your child will actually eat. To generate ideas for snacks tailored to your child's preferences, create two lists with your child. (For an energy-boosting snack, combine small amounts of protein with carbohydrates.) One list should contain their favorite carbohydrate-rich foods and the second list their favorite protein-rich foods. Then create an anytime healthy snack by selecting one serving from each list.

Carbohydrate Foods

- Vegetables, cut into sticks, slices
- Fruit or Dried fruit
- Popcorn
- Dry whole grain cereal
- Graham Crackers
- Low-fat whole grain crackers or pretzels
- Whole grain bagel, bread, tortilla, low-fat tortilla chips or baked chips

Protein Rich Foods

- String cheese
- Low-fat dairy - yogurt, cottage cheese, milk or cream cheese
- Peanut butter (and other nut butters)
- Nuts and seeds
- Hard-boiled egg
- Sliced turkey or other low-fat meat
- Hummus

So give your child the added advantage of a snack. Remember, healthy snacks are important for good nutrition and key to helping your child perform well throughout their school day.