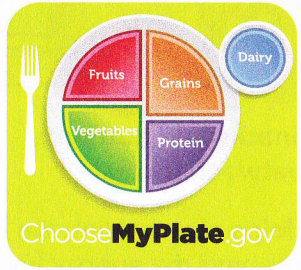
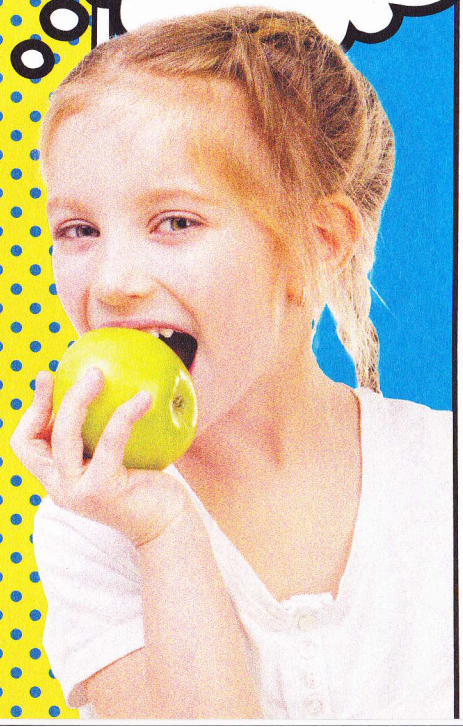
# Hey Kids!

When snack attacks strike, choose foods that give you energy.

**Pick your favorites from each food group:**



# SNACK STRATEGIES FOR KIDS!

## FRUITS

Raisins

Apple slices

Orange wedges

Grapes

Banana

Cantaloupe

## VEGGIES

Cherry tomatoes

Baby carrots

Celery sticks (Ants on a log)

Bell pepper strips

Sugar snap peas

## GRAINS

Granola bar

Whole grain crackers

Mini bagel

Cereal

Popcorn

## PROTEIN

Hummus

Hard-boiled egg

Deli turkey slices

Peanut butter

Pumpkin seeds

Almonds

## DAIRY

Low-fat string cheese and cubes

Low-fat yogurt

Low-fat milk

Low-fat cottage cheese

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