



Healthy Snack Ideas for Kids

- Piece of fruit
- Piece of fruit + almonds (12)
- ¼ cup almonds or peanuts mixed with ¼ cup raisins
- Apple w/ 2 Tbsp. natural peanut butter
- Yogurt (6-8 oz) (can be drinkable)
- Yogurt (6-8 oz) + 1/3 cup Granola
- Sliced fruit with yogurt dip (mix yogurt, cream cheese, honey or jam)
- String cheese (1)
- String cheese & apple or crackers (Wheat Thins, Triscuits, Kashi Crackers, Graham Crackers)
- Trail Mix (Chex, Cheerios, soynuts, almonds, dried fruit, unsalted pretzels...)- ½ cup serving size
- ½ whole-wheat pita w/ 2-3 Tbsp. hummus
- Baby carrots with 2 Tbsp. Hummus or Dip/Low-fat salad dressing
- Tuna salad (made with low-fat mayo) and Kashi crackers (8) *
- 1/3 cup 2% or fat-free cottage cheese with canned pineapple (packed in juice)
- Air popped popcorn (2 cups)
- Frozen grapes
- 1 cup cereal (lower sugar- Barbara's Puffins, Multi-Grain Cheerios, Chex, Special K...) with milk
- Baked tortilla chips w/ salsa
- Granola Bar (Natures Valley)
- Lunch meat rolled with slices of low-fat cheese
- Quesadilla made with whole-wheat tortilla and low-fat cheese (dip in salsa)
- Whole-wheat tortilla wrap w/ turkey/veggie cream cheese/ lettuce
- Whole-wheat tortilla wrap w/ natural peanut butter/granola/shredded apple or banana slices
- Grilled cheese sandwich on whole wheat bread
- Fruit smoothie

The "Best List of Snacks for Athletes"

Great Low-Fat, High Carbohydrate Performance Snacks

- Lower sugar cereal with low-fat milk/soymilk
- Fresh fruit or canned fruit (packed in its own juice!)
- Crackers/Breadsticks
- Pretzels
- Dried Fruit
- Fig Bars (Fig Newtons)
- Granola Bars (Natures Valley- crunchy or trail mix)
- Smoothies (frozen fruit, yogurt, milk...)
- Oatmeal
- Sandwich made with natural peanut butter and jelly or lunch meat
- Popcorn
- Jello pudding cups
- Sports drinks
- Trail mix (cereal, dried fruit, nuts...)
- Yogurt with fruit
- Homemade lower fat oatmeal raisin cookies

The "Not-So-Great List of Snacks for Athletes"

Common Snacks that will not Enhance Performance

- **Chips** (Choose pretzels, pita chips, soy crisps, rice cakes, crackers, popcorn over fried items)
- **Candy Bars** (Choose a granola bar with oats, nuts, and dried fruit)
- **Fast food burgers and fries** (Choose a turkey or PB&J on whole-wheat bread, fruit, and baked chips/pretzels)
- **Soda** (choose mostly water or a sports drink during or following exercise)
- **Ice Cream** (Choose a low-fat yogurt with fruit or almonds tossed in)
- **Cookies** (Choose fig bars which are lower in fat and higher in fiber)
- **Donuts or Muffins** (Choose a bagel with low-fat cream cheese, a healthier homemade muffin, whole-wheat English muffin, or cinnamon-raisin toast with peanut butter)
- **Fruit roll-ups/Fruit snacks** (Try the real thing- Fruit! Dried fruit travels well and there are also all-natural, no sugar added fruit leathers/roll-ups on the market)
- **Snack Cakes, Pastries** (Choose fruit, sorbet, sherbet, angel food cake, jello/pudding cups)

Fresh and Fruity Dip

Ingredients:

- 1 (8-ounce) container low-fat strawberry yogurt
- 1 (8-ounce) tub whipped cream cheese
- 2 tablespoons honey

Method of Preparation:

1. Combine all ingredients in a medium mixing bowl. With an electric mixer, whip yogurt, cheese, and honey until light and creamy.
2. Cover the dip until ready to serve. Serve with assorted fresh fruit such as strawberries, banana slices, grapes, pineapple, peaches...

Note:

The dip is also great served with graham cracker sticks or animal crackers.

Serves: about 10, serving size: 3 tablespoons

Recipe created by Michele M. Powers, R.D.
www.nutrientchef.com

Trail Mix

Ingredients:

- 4 cups Cheerios, Chex, Barbara's Puffins or other "low sugar" cereal (can add granola too)
- 2 cups mini, salt-free pretzel twists (optional)
- 1 bag roasted soy nuts (available at Trader Joe's)
- 1 bag roasted, unsalted whole almonds (available at Trader Joe's)
- 2 cups roasted, unsalted pumpkin seeds or sunflower seeds
- 2 cups raisins
- 1 cup dried cranberries (optional)

Method of Preparation:

1. Combine all ingredients in a large Tupperware container with a tight fitting lid. Stir well to combine.

Serving Size: ½ cup

Note: Divide ½ cup portions of trail mix into snack size Ziploc bags and store in the pantry. Carry a bag with you so you have a fast snack if you are hungry on the run. This prevents the need for the fast food drive through! 😊

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Light and Lovely Fruit Smoothies

Ingredients:

8 ounces skim milk
1 (6-8 ounce) container fruit flavored yogurt (such as Stoneyfield)
2 cups assorted fruit such as banana, berries, peaches... (best if frozen)
1 scoop vanilla soy/whey protein powder
1 teaspoon vanilla extract
Handful of ice cubes (if not using frozen fruit)

Method of Preparation:

1. Place all ingredients in a blender. Blend on high speed until smooth.
2. Serve the smoothies in chilled glasses.

Serves: 2

Suggestions:

- When bananas are over-ripe, peel them and put them in a plastic bag in the freezer to use in smoothies! If you use frozen fruit, you can eliminate the ice cubes, making your smoothie even more flavorful!
- Try adding 1 scoop of vanilla soy/whey protein powder and 1 tablespoon ground flaxseeds to your smoothie to increase the protein content and vitamin E!
- You can substitute soy or rice milk for the skim milk if desired. You can also use orange juice instead of a milk product.

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Blueberry Almond Banana Muffins

Ingredients:

¼ cup (1/2 stick) butter, softened
¼ cup applesauce
½ cup honey, maple syrup or raw sugar
2 large eggs
1/2 cup almond butter
2 ripe bananas, mashed
1 1/2 cups all-purpose flour
1/2 cups whole-wheat flour
1 teaspoon baking soda
1/2 teaspoon salt
1 cup organic frozen blueberries, thawed

Method of Preparation:

1. Preheat oven to 350 degrees.

2. Coat 12 muffin cups with cooking spray or fill with paper liners; set aside.
3. In a mixing bowl, cream together the butter, applesauce, and sweetener of choice. Add the eggs one at a time, mixing after each addition. Stir in bananas and almond butter.
4. Fold in flours, baking soda, and salt. Gently fold in blueberries.
5. Divide the batter among 12 muffin cups and then bake at 350 degrees for about 15 minutes or until toothpick inserted in the center of a muffin comes out clean. Cool slightly before removing from tins.

Serves: 12, serving size: 1 muffin

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