



Healthy Fruit and Veggie Snack Ideas

Together we can prevent diabetes!

Crunchy Snacks

Crunchy Snack List

Carrot sticks
Celery sticks
Cucumber slices
Apple slices

Cold & Juicy Snacks

Cold & Juicy Snack List

Frozen fruit bar
100% fruit juice
Frozen grapes

Sweet Snacks

Sweet Snack List

Cherry tomatoes
Fresh or canned fruit
Dried fruit
Fruit yogurt

As parents, you know how hard it can be to come up with healthy snacks your child will eat. Fruits and veggies make great snacks and come in many forms.

Try to set a good example for children by eating fruits and veggies with them at snack time.

Children who eat healthy snacks do better in school and stay focused longer. Healthy snacks are the key to good nutrition and your child's health.

Look at the list to the left, and then make your own fruit and veggie snack list with your child.

Remember to take this list to the store the next time you go. Ask your child to help find the foods on the list.

Information adapted from Sheri Barke, Midnight Mini Meals & Afternoon Power Snacks To Beat Grazing, Arthur Ashe Student Health & Wellness Center, 2002.

