

Snacks to Fuel Your Brain

Eating healthy, nutritious snacks fuels your brain and boosts your energy.



HEALTHY SNACK IDEAS

Try serving these vegetables raw with hummus, bean dips, or salad dressing:

- Baby carrots
- Celery sticks
- Cucumber slices
- Peppers – red, green or yellow
- Snap peas
- Green beans
- Cherry tomatoes
- Zucchini slices

- Snacks with nuts and low-fat dairy are full of lean proteins and healthy fats and give what a growing brain needs for learning.
- Snacks with whole grains provide a healthy form of energy.
- Snacking on fruits and vegetables along with low-fat milk and other dairy may lead to higher grades.
- Too much junk food has been shown to slow down learning.
- Snacking on unhealthy foods like potato chips, cookies, and candy is connected with childhood obesity.

TIP

To save money,
buy fruit in season.



HEALTHY SNACK IDEAS

Make a fruit salad or kabob with:

- Apples
- Bananas
- Berries
- Grapes
- Melon
- Oranges



Frozen and canned fruit are as healthy as fresh fruit—and cost less too.

Offer fruits in different ways:

- Unsweetened applesauce
- Dried fruit
- Canned fruit
in 100% juice or water
- Frozen fruit
avoid those with added sugar

TIP Pack healthy snacks to grab & go!



Make snacks healthier by serving whole grains or low-fat dairy with fruits and vegetables:

- Whole grain muffins
- Whole grain crackers
- Baked tortilla chips
- Popcorn
- Nuts or nut butters
Children with nut allergies often like sunflower butter.
- Cheese sticks or cubes

Try making some of these quick and healthy snacks:

- **Vegetable Sticks with Spread**
Celery or carrot sticks topped with nut butter or cream cheese (add some raisins)
- **Cottage Cheese or Yogurt with Fruit and Granola**
Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Mini Bagel with Spread**
Try cream cheese, nut butter, or hummus.
- **Chips and Salsa**
Use whole grain baked pita chips or baked tortilla chips.
- **Taco Roll-Up**
Small whole wheat tortilla rolled with cheese, beans and salsa.
- **Turkey Roll-Up**
Turkey slice rolled up with cheese.

Drinks to go with healthy snacks:

- Water
- Milk
- **Infused water**
Just add fruit—berries, melons, citrus slices, kiwi, or vegetables like cucumber or celery, or fresh herb leaves (like mint or basil). Mix and match and let it sit for a few hours in the fridge to let the flavors blend.