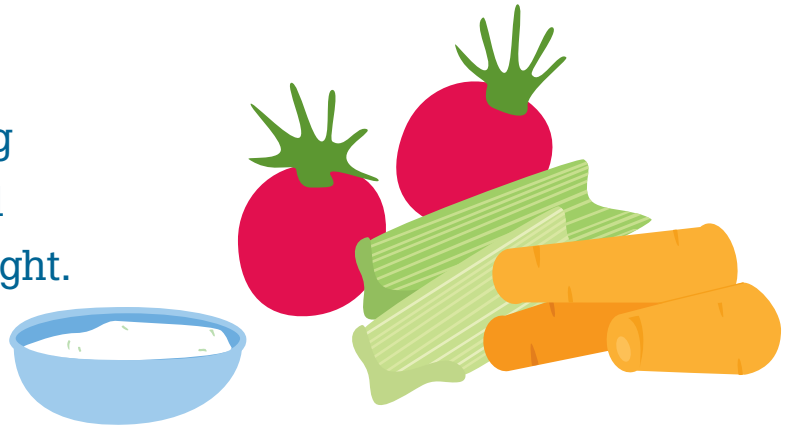


parent tips

Healthy Snacks—100 Calories or Less

Snacking is good when you feel hungry between meals. Choosing *healthy* snacks will help you and your family stay at a healthy weight.



Here are some healthy snacks—all 100 calories or less.

Fruits

- 1 small banana
- 1 medium apple
- ¼ cup raisins
- 1 cup whole strawberries
- ½ cup canned fruit cocktail in juice (not syrup)
- ½ cup orange juice

Vegetables

- 1 cup cherry or grape tomatoes
- 2 cups raw mixed veggies with
2 tablespoons fat-free dressing
- 12 baby carrots
- 18 small celery sticks
- 1 cup raw cauliflower
- 1 cup low-sodium vegetable juice



Breads, Cereals, Rice, and Pasta

- ½ cup oat circles cereal
- 2 graham cracker squares
- 3 cups air-popped popcorn
- ½ whole-wheat English muffin with jelly
- 4 whole-wheat crackers, unsalted
- 2 brown rice and multigrain rice cakes

Fat-free or Low-fat Milk, Cheese, and Yogurt

- 6 ounces cup fat-free plain yogurt
- ½ cup low-fat cottage cheese
- 1 cup fat-free milk
- ½ cup fat-free pudding
- ½ cup fat-free frozen yogurt
- 1 ounce low-fat cheddar cheese

Other Snacks

- 1 large hardboiled egg
- 8 baked tortilla chips with salsa
- 10 almonds

Source: USDA National Nutrient Database for Standard Reference, Release 19

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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