

Traveling Snacks

Some Preparation Required:

- **Veggies & Dip:** such as baby carrots, cucumber slices, red pepper slices, chopped broccoli, cherry tomatoes, or celery sticks served with hummus, low-fat salad dressing, or other low fat dip
- **Vegetable Sticks with Spread:** Celery or carrot sticks with 2T peanut butter or low-fat cream cheese
- **Snack Kabobs:** veggie or fruit chunks skewered onto a wooden kabob stick
- **Sweet Potato Fries:** cut baked sweet potatoes into wedges, toss lightly w/ olive oil and salt
- **Low-fat Cottage Cheese or Yogurt with Fruit and/or Granola:** try using fresh grapes, berries, or canned peaches
- **Mini Whole Grain Bagel with Spread:** try 1T light cream cheese, peanut butter, or hummus
- **Mini Sandwiches:** use 1 slice whole-wheat bread, pita bread, or several whole grain crackers. Fill or top with: low-fat cheese & cucumber slices, or tuna salad made with low-fat mayonnaise
- **Chips & Salsa:** use whole-grain baked pita chips or baked tortilla chips. Also try chips with low-fat bean dip
- **Turkey Roll-up:** roll up a lean turkey slice with low-fat cheese

No Prep Snacks:

- **Whole Fruit:** grapes, apples, bananas, etc.
- **Fruit Salad:** 1/2 cup store-bought fresh or unsweetened canned fruit
- **Frozen Fruit:** 1/2 cup berries, etc.
- **Dried Fruit:** 1/3 cup raisins, apricots, etc.
- **Pretzels:** about 20 tiny twists
- **Cheese:** Low-fat string cheese, or 2 slices low-fat cheese
- **Nuts:** 1/3 cup unsalted nuts such as almonds, peanuts, cashews, or mixed nuts
- **Trail Mix:** 1/3 cup made with nuts, seeds, low-fat granola and dried fruit
- **Yogurt:** 1 Squeezable low-fat yogurt (like Stonyfield Farm), or 1 low-fat yogurt container (6 oz).
- **Popcorn:** 2 cups "light" microwave popcorn (without butter)
- **Granola/Fruit Bar:** 1 low-fat, whole-grain bar

Note: When kids are thirsty, water is your best choice. Go easy on the juice and make sure it's 100% juice with no high-fructose corn syrup. Limit juice consumption to no more than $\frac{1}{2}$ cup a day.

Other sweetened beverages such as soda and sports drinks provide few nutrients and often contain lots of "empty" calories. Avoid sweetened beverages or offer them only as a special treat.