HOW TO MAKE A HEALTHY SNACK
YOUR KIDS WILL EAT

PICK ONE CARBOHYDRATE:
• Small piece of fruit
• Carrots
• Celery
• Whole grain crackers or toast

AND ONE PROTEIN:
• Peanut butter
• Almond butter
• Hummus
• Greek yogurt
• Cheese
• Black bean salsa

- OR -

MIX IT UP!
• Trail mix with nuts and seeds, dried fruit, popcorn
• Smoothie with fruit and kefir or Greek yogurt
• Low-fat Greek Yogurt mixed with berries and nuts
• Energy bites with whole oats, peanut butter or almond butter and a few chocolate chips

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