



CREATING

# Healthy Lunches & Snacks

THAT YOUR KIDS WILL EAT

- Using MyPlate guidelines, a **healthy lunch** should be about 1/2 fruits and vegetables, 1/4 lean protein, and 1/4 whole grains. Add in a serving of dairy to create a complete, nutritious meal!
- **Be creative!** Create smiley faces, "butterflies," and other shapes with food to make it look more exciting/appealing for your kids. You can use cookie cutters on bread, watermelon, low-fat cheese, and more. Decorate sandwich bags or fruit cups with markers or stickers.
- **Mix it up!** Include a variety of different foods as snacks.



**Public Health**  
Prevent. Promote. Protect.  
Henderson County, NC

# SNACK IDEAS

- trail mix
- air-popped popcorn
- low-fat yogurt
- tortilla chips and salsa
- fresh fruit
- oven baked potato wedges
- fruit salad
- tortilla with cheese
- vegetables with bean dip, hummus, low fat dressing, or cottage cheese
- toast with peanut butter + milk
- avocado toast
- fruit dipped in yogurt or peanut butter
- celery with peanut butter & raisins
- fruit and cheese kabobs
- cheese and whole grain crackers
- fruit smoothie



## VEGGIES

- broccoli
- cauliflower
- carrot sticks
- celery sticks
- cucumber slices
- green, red, or yellow pepper strips or rings
- tomatoes
- peas
- corn
- mushrooms

## DAIRY

- low-fat milk
- low-fat yogurt
- cheese cubes, slices, or string cheese

## PROTEIN

- hard-boiled egg
- tuna
- peanut butter
- small pieces of meat
- cottage cheese
- nuts

## GRAINS

- popcorn
- graham crackers
- dry cereal (e.g. unsweetened Chex or Cheerios)
- pretzels
- low sugar and low fat granola
- animal crackers
- whole wheat crackers

## FRUIT

- apple slices
- banana chunks
- grapes
- melon
- peaches
- pears
- orange slices
- plums
- pineapple
- strawberries
- blueberries

