

Shopping Guide for Healthy Kids Snacks

Overwhelmed by the supermarket selection? We've made a pocket-sized, pediatric dietitian-approved print-out of edibles and snacks.

- Freeze-dried fruit
- Nuts
- Whole-grain granola bars
- Popcorn
- Fresh fruits & veggies
- Yogurt
- Hummus
- Whole-grain crackers
- Assorted cheeses

Fold me!



Not all dried fruits are equal! Some sneak in added sugar. “When the native sugar of the fruit is combined with extra added sugar, you are now in the realm of candy,” says David Katz, MD, director of the Yale University Prevention Research Center. Freeze-dried fruit like **strawberries** and **apples** maintain their shape and add crunch without the extra sugar.



Nuts like **almonds**, **cashews** and **pistachios** are low in calories, but rich in protein. Avoid nuts packaged or roasted in oil. Raw or dry-roasted nuts are the way to go.



Granola bars aren't always so innocent. Some brands fill their bars with ultra-processed grains, sugar and flavorings, which might be indicative of artificial ingredients. Look for brands (like **KIND**) that make their bars with whole grain oats, like amaranth and millet.



Air-popped is the healthiest way to eat popcorn, with only 93 calories per 3 cup serving! Plus, it provides low-calorie, fiber-rich servings. (We're fans of **Boom Chicka Pop**.) Look for popcorn brands with less than 5 grams of fat per serving.



Fresh or frozen, fruits and veggies are always a good choice for healthy digestion. **Strawberries**, **pears**, **nectarines**, **carrots** and **bell peppers** are great raw. **Grapes**, **blueberries**, **peas** and **bananas** make fantastic frozen treats.



More than a few yogurt manufacturers are guilty of cramming sugar and artificial ingredients into a small serving, making them more similar to candy than milk. Avoid those packed with artificial sweeteners, like sucralose. Be on the lookout for low-sugar yogurt brands like **Siggi's**, **FAGE** or **Kalona**.



Traditionally, hummus has only five ingredients: chickpeas, olive oil, garlic, lemon juice and tahini. Watch out for brands high in salt, fat and other artificial additives. Dips from **Yorgo's**, **Hope** and **Wild Garden** are great high-fiber, high-protein options.



Cheese snacks like string cheese, **Babybel** wedges and cottage cheese (we love **Traderspoint Creamery** for using omega 3-rich grass-fed cow's milk) are perfect snacks to make sweet or savory. Paired with fruit, preserves, or sliced veggies and crackers, cheese is an easy addition to the shopping list.