



Healthy Snacks and Desserts

Please don't assume that everything you see in the health food store is nutritious. You must read labels to avoid unnecessary additives and sweeteners that are not healthy. The following snacks should be used wisely. Please be careful if your child has food allergies -- and be careful of the type of sweetener used.

If a sweetener is one of the first items on a list of ingredients, it is one of the predominant ingredients. Please avoid buying these items -- they are too sweet. Below you will find some healthy snack alternatives.

- ☛ whole fruit, raw veggies, fresh organic juices
- ☛ cookies, fruit juice-sweetened, or rice syrup- or barley malt-sweetened
- ☛ rice cakes with almond or cashew butter and/or apple butter
- ☛ apple or pear slices with nut butter
- ☛ celery sticks stuffed with nut butter or soy cream cheese
- ☛ sesame rye Ryvita® crackers with small amount all-fruit jams
- ☛ whole grain muffins made with nuts, fruit (there are many mixes available to buy in the health food store)
- ☛ organic yogurt (be careful of sugar added) with whole fruit added or add your own fruit, nuts, seeds, or cinnamon
- ☛ raw, unsalted nuts or seeds

- ☛ popcorn, plain or with a little sea salt (be careful of unhealthy saturated fats in some popcorn -- choose UN-hydrogenated canola, olive, soy, safflower)
- ☛ baked corn puffs or potato chips
- ☛ dry cereal, such as Nutty Rice®, Oatios®, low-fat granolas
- ☛ whole grain frozen waffles (Van's®) with small amount all-fruit jam
- ☛ Rice Dream® – an ice cream substitute made from rice
- ☛ unsweetened sorbets (*Cascadian Farm*®) -- these are usually made from fruit juice and water and are quite delicious. Be careful not to overdo!
- ☛ Cliff bars®, Glenny's squares®, Christopher's chewies® (in moderation)

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How many calories

Do you need

To keep

Your cells

Healthy ?

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