

101

Healthy Snack Ideas



Real food that
even picky
kids will eat.



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Toddlers and Preschoolers have little tummies and they're growing. As a result, they need to eat more than 3 meals a day – they need snacks.

Instead of grabbing packaged "snack" food, take the opportunity at snacks to offer healthy foods from at least two of the four food groups. And, introduce new foods.

Every child is different. What one picky eater will eat, another will hate (or refuse to try).

Here are 101 ideas to inspire you to find new snacks that your picky eater will love.

Enjoy!



Kristen Yarker

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The Dietitian Who Transforms Picky Eaters into
Food-Confident Kids
Answering the question:
"How do I get my kids to try new foods?"

- 1 Rice cakes topped with canned tuna or salmon
- 2 Rice cakes spread with avocado or homemade guacamole
- 3 Rice cakes topped with a fresh cheese like fromage frais
- 4 Rice cakes topped with nut butter (e.g. peanut butter or almond butter)
- 5 Rice cakes topped with baba ghanoush (roasted eggplant dip)
- 6 Cheese with whole grain crackers
- 7 Whole grain crackers with white bean spread
- 8 Whole grain cracker "sandwiches" filled with thinly sliced apple and nut butter (e.g. peanut butter or almond butter)
- 9 Baked beans and toast
- 10 Grilled cheese sandwich
- 11 Grilled cheese sandwich with thin apple slices inside
- 12 Grilled cheese sandwich with avocado slices inside
- 13 Leftover fish fillet in a whole wheat bun
- 14 Sandwich with meat slices and/or cheese (you can cut them into fancy shapes if you wish)



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- 15 Small muffin served with fresh fruit
- 16 Small muffin spread with a fresh cheese like fromage frais
- 17 Small muffin spread with fruit puree (e.g. applesauce)
- 18 Vegetable bread such as carrot bread, pumpkin bread or zucchini bread spread with a fresh cheese like fromage frais
- 19 Vegetable bread such as carrot bread, pumpkin bread or zucchini bread spread with nut butter (e.g. peanut butter or almond butter)
- 20 Vegetable bread such as carrot bread, pumpkin bread or zucchini bread served with milk (or milk alternative like a glass of soy milk, almond milk)
- 21 Tortilla roll-up with beans and cheese
- 22 Tortilla roll-up with sliced meat and cheese
- 23 Tortilla filled with scrambled eggs and cheese
- 24 Whole wheat pita pockets filled with hummus and veggies (e.g. lettuce, cucumber, radish, shredded cabbage, shredded carrots)
- 25 Whole wheat pita pockets filled with scrambled eggs and cheese.
- 26 Whole wheat pita pockets filled with cheese and veggies (e.g. lettuce, cucumber, radish, shredded cabbage, shredded carrots)
- 27 Leftover dal or lentils with rice
- 28 Leftover dal or lentils with naan (flatbread)
- 29 Leftover chili and rice served with orange slices.
- 30 Leftover chili served on a whole wheat bun (i.e. sloppy joes)
- 31 Leftover stir-fry with veggies and meat/tofu served with rice or noodles
- 32 Pancakes topped with nut butter (e.g. peanut butter or almond butter)
- 33 Pancakes topped with yogurt
- 34 Pancakes topped with fruit puree (e.g. applesauce)
- 35 Waffles (frozen or homemade) topped with nut butter (e.g. peanut butter or almond butter)
- 36 Waffles (frozen or homemade) topped with pancakes topped with yogurt
- 37 Waffles (frozen or homemade) topped with fruit puree (e.g. applesauce)
- 38 French toast topped with yogurt
- 39 Toast spread with fruit puree (e.g. applesauce)



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- 40 Scrambled eggs with toast
- 41 Toast topped with nut butter (e.g. peanut butter or almond butter) and sliced banana
- 42 Cold cereal with fresh fruit (e.g. berries) and milk (or milk alternative like soy milk, almond milk)
- 43 Yogurt "parfait" – yogurt, cold cereal or granola, fresh or defrosted frozen fruit. Serve layered in a glass to make it "fancy".
- 44 Oatmeal with milk (or milk alternative like soy milk, almond milk) and dried fruit (e.g. apricots)
- 45 Ham slices rolled around slices of canned pineapple
- 46 Ham slices rolled around slices of cantaloupe melon
- 47 Tuna lettuce wraps – lettuce leaves wrapped around canned tuna
- 48 Shrimp lettuce wraps – lettuce leaves wrapped around cooked shrimp
- 49 Home-made macaroni and cheese
- 50 Meatballs (or veggie ground-round balls) with noodles
- 51 Homemade soup served with whole grain cracker or bun
- 52 Cottage cheese topped with canned (in juice) or fresh pears or peaches
- 53 Thawed frozen fruit in yogurt
- 54 Dessert tofu topped with fresh fruit
- 55 Fresh fruit with yogurt for dipping
- 56 Smoothie made with milk, yogurt, fresh or frozen fruit. Option: add veggies (like kale)
- 57 Smoothie made with milk alternative (like soy milk, almond milk), soft tofu, fresh or frozen fruit. Option: add veggies (like kale)
- 58 Raw veggies with hummus
- 59 Raw veggies with white bean dip
- 60 Apple slices with hummus
- 61 Apple slices with nut butter (e.g. peanut butter or almond butter)
- 62 Banana slices topped with nut butter (e.g. peanut butter or almond butter)
- 63 Chopped salad with veggies and cheese pieces.
- 64 Chopped salad with veggies and beans (e.g. black beans)



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- 65 Fruit salad served with milk (or milk alternative like soy milk, almond milk)
- 66 Kebabs made with cheese and fresh fruit (e.g. banana slices, berries, mango)
- 67 Rice pudding with milk topped with raisins and optional sliced almonds
- 68 Homemade oatmeal cookie served with a glass of milk (or milk alternative like soy milk, almond milk)
- 69 Homemade frozen fruit and yogurt pops
- 70 Frozen yogurt dipped bananas – dip a banana in yogurt and roll in whole grain cereal then freeze
- 71 Frozen banana dipped in honey and finely chopped nuts (this idea is better for older kids)
- 72 Frozen banana dipped in chocolate served with a glass of milk (or milk alternative like soy milk, almond milk) and fresh fruit
- 73 Homemade apple crumble made with oatmeal and/or whole grain cereal served with a glass of milk (or milk alternative like soy milk, almond milk)
- 74 Homemade apple crumble made with oatmeal and/or whole grain cereal topped with yogurt
- 75 Homemade tortilla (or pita) chips topped with melted cheese
- 76 Homemade tortilla (or pita) chips topped with refried beans and melted cheese
- 77 Homemade tortilla (or pita) chips served with homemade guacamole
- 78 Homemade tortilla (or pita) chips served with baba ghanoush (roasted eggplant dip)
- 79 Homemade tortilla (or pita) chips served with homemade salsa
- 80 Homemade tortilla (or pita) chips, dusted with cinnamon sugar and served with yogurt
- 81 Cornbread with a fresh cheese like fromage frais
- 82 Cornbread served with fresh fruit or fresh veggies (e.g. mini tomatoes)
- 83 Cornbread topped with fruit puree (e.g. applesauce)
- 84 English muffin mini pizzas made with tomato sauce, cheese, and red bell peppers
- 85 Cheese melted on an English muffin served with fresh fruit
- 86 Ants on a log – celery filled with nut butter (e.g. peanut butter or almond butter) or hummus and topped with raisins.



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- 87 Air popped popcorn served with a glass of milk (or milk alternative like soy milk, almond milk) and fresh fruit
- 88 Cereal snack mix made with whole grain cereal, dried fruit like raisins and apricots. Option for older kids: add nuts
- 89 Popcorn snack mix made with air-popped popcorn, dried fruit like raisins and apricots. Option for older kids: add nuts
- 90 Kale chips served with a glass of milk (or milk alternative like soy milk, almond milk) and fresh fruit
- 91 Roasted seaweed sheets served with a glass of milk (or milk alternative like soy milk, almond milk) and fresh fruit
- 92 Edamame served with a glass of milk (or milk alternative like soy milk, almond milk) and fresh fruit
- 93 Homemade roasted chickpeas served with a glass of milk (or milk alternative like soy milk, almond milk) and fresh fruit
- 94 Homemade root veggie fries such as sweet potato or parsnip served with a glass of milk (or milk alternative like soy milk, almond milk)
- 95 Homemade root veggie baked chips such as sweet potato or parsnip served with a glass of milk (or milk alternative like soy milk, almond milk)
- 96 Hardboiled egg sliced on toast.
- 97 Devilled eggs served with raw veggies
- 98 Cucumber slices topped with canned tuna or salmon
- 99 Cucumber slices topped with hummus or white bean dip
- 100 Cucumber slices topped with nut butter (e.g. peanut butter or almond butter)
- 101 Avocado or cucumber sushi



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