

Healthy Snacks for Kids

As much as the food industry might have us believe otherwise, the healthiest snacks for kids are always going to be whole-unprocessed foods. Though the USDA Organic label is important and trustworthy, and I do recommend choosing organic when possible, the organic label on a packaged and processed food does not mean that food is good for our kids. Organic packaged and processed foods can still contain many harmful intentional additives such as gums that disrupt gut health and they can also come with a dose of chemicals absorbed through contact with surfaces during processing, these could include PFAS and microplastics. Lastly, they are typically lacking in nutrients and high in added sugar. This list contains foods that are loaded with nutrients, easy to pack and won't lead to cavities, they are perfect for kids' snacks and for healthy teeth!

Animal Foods

Eggs:

Egg's are one of the most nutrient dense foods available and can be thought of as nature's daily vitamin for our kids - and us! - organic and pasture raised is always best

Boiled Eggs

Egg Cups with Cheese and Vegetable - choose from all cheese and vegetables
Eggs however your kids will eat them

Dairy:

Yogurt without sugar added

Kefir without sugar added

Cottage cheese

Cream cheese - without gums

Parmesan cheese

Raw and / or organic cheeses

For dairy choose full fat and organic, top yogurt or cottage cheese with whole fruit such as bananas or berries to sweeten or add a small drizzle of maple syrup or a teaspoon of jam - this will still be far less added sugar than is in presweetened yogurts.

Meat:

Meat sticks - choose organic and pasture raised

Salami - choose organic and uncured

Homemade meatballs - see recipe

Sardines on whole wheat organic bread

Plant Foods

Nuts and Seeds:

Pumpkin Seeds

Sunflower Seeds

Walnuts

Pecans

Pistachios

Peanuts

Peanutbutter

Vegetables:

Zucchini Sticks

Carrot Sticks

Celery Sticks

Bell Peppers

Tomatoes

Baked Sweet Potato Fries

Dips and Spreads:

Pesto

Hummus

Romesco

All Fruit:

Berries

Apples

Pears

Bananas

Mango

Pineapple

Cantaloupe

Watermelon

Other:

Flackers

Roasted Chickpeas - always organic

Edamame

Olives

Toasted unsweetened coconut flakes