

# 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  
Tomatos  
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  
Edamami  
Olives  
Toasted unsweetened coconut flakes