MyPlate snack tips for kids

10 tips for making great tasting snacks

If you’re a budding chef, it’s easy to create a great tasting snack! Below are some quick ideas that you can make on your own.

1. **create a yogurt sundae!**
   Top plain, low-fat or fat-free yogurt with fresh, frozen, or canned fruit, like bananas, strawberries, or peaches. Sprinkle whole-grain cereal on top for crunch.

2. **make pita pockets**
   Stuff a small whole-wheat pita with sliced bell peppers, salsa, and a slice of low-fat cheese. Melt in the microwave for 15-20 seconds.

3. **jazz up your favorite cereal**
   Make a trail mix! Stir 1/4 cup of unsalted nuts, 1/4 cup of dried raisins or cranberries, and 1/4 cup of whole-grain cereal together.

4. **make a fruit sandwich**
   Cut an apple into thin slices. Spread peanut butter or almond butter between two slices to create “apple sandwiches.”

5. **dip your veggies**
   Create veggie treats by dipping slices of cucumbers, peppers, and carrots in a low-fat salad dressing or hummus.

6. **pack an afterschool snack**
   For a healthy afterschool snack, keep a fruit cup packed in 100% juice or water in your bag. Some fresh fruit, like bananas and oranges, are also easy to pack and eat any time.

7. **try a piece of cheesy toast!**
   Toast a slice of whole-wheat bread and top with a slice of your favorite low-fat cheese.

8. **freeze your fruit**
   For a frozen treat on hot days, try freezing grapes or bananas! Don’t forget to peel bananas and pull grapes from the stem before freezing.

9. **power up with ‘roll-ups’**
   Roll a slice of low-salt deli turkey or ham around an apple wedge or around a slice of low-fat cheese.

10. **build a fruit salad**
    Mix your favorite sliced fruits such as pineapple, grapes, and melon.

Go to www.ChooseMyPlate.gov for more information.