



Healthy School Snacks

Thank you for remembering to send a healthy snack to school every day with your child. Dentists recommend that children avoid sticky, sweet snacks such as fun fruits, raisins and fruit strips when they are not able to brush their teeth after eating since these foods tend to stick to teeth and cause cavities. In addition, chips and desserts should be reserved for special treats during birthday or holiday celebrations. If you are looking for healthy snack ideas, here are a few suggestions:

ABC's of Healthy Snacking

- A** applesauce
- B** bean burrito
- C** carrots & celery
- D** dry unsweetened cereal
- E** egg salad with low-fat mayo
- F** fruit
- G** graham crackers
- H** honeydew melon
- I** Italian ice made with juice
- J** jerky (tuna or low fat beef/turkey)
- K** kiwifruit
- L** low-fat granola
- M** mozzarella cheese sticks
- N** nectarines
- O** orange
- P** pepper slices
- Q** quick bread (e.g., banana or pumpkin bread)
- R** rice cakes
- S** sandwich
- T** turkey roll-ups
- U** unsalted pretzels
- V** vegetables
- W** whole-wheat crackers
- X** eXtra-lean ham cubes
- Y** yogurt with fruit
- Z** zwieback toast

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