

Healthy Snack Ideas for Children

The development of a child's thoughts and ideas first begin in their home and as parents or guardians it is our responsibility to provide children with healthy information and choices. Getting caught in the hustle and bustle of our busy society often convenience overrides best choices. In the last 20 years child obesity has tripled making every 1 in 4 of our kids obese. Two thirds of children in Canada are inactive. When it comes to our children's health best choices should always come first. This article is dedicated to healthy snack ideas for children and how to get our children to make their own healthy choices.



Snacks can be created healthy, fun, and delicious and are a very important part of our children's day. By giving our children snacks that are high in fiber, nutrient dense, and having them eat a variety of foods frequently throughout the day we are giving them energy, needed nutrients for growth development, and the knowledge to make their own healthy choices.

It can often be difficult to convince our children to eat healthy when there are so many other choices. One way of doing so is incorporating health without them realizing. Make your own cereal bars and add ground flax seeds and oils containing omega 3 and 6's for extra fiber and nutrients for brain development. Make shakes that have vegetables as well as fruit blended in them. Often the sweet of the fruit will mask the taste of vegetables. Buy 100% fruit popsicles, whole wheat breads and cereals.

Get your children involved with their snacks. Create a trail mix where your children help choose what is going in the mix. Take your kids to the grocery store and show them why some choices are healthier than others, then let them choose between the healthy choices.

Have your children help make their snacks. When children are involved with the creation of their food they will be eager to eat it.

Make food fun! Children create their food choices through taste, texture, color and shapes. Make ants on a log with celery, peanut butter, and raisins. Use cookie cutters for sandwiches, cheese, and bagels. Make fruit salads and mix in yogurt.

Read food labels, be creative, get your kids involved, make food exciting, and have fun!

Your Nutrition and Fitness Educator

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