

Healthy Snack Options:

- Yogurt with a handful of granola or fruit (fresh or dried)
- Turkey and veggie wraps cut into small pinwheel sizes for finger foods
- Peanut or almond butter and jelly
- Low fat mozzarella cheese sticks and pretzels
- Low-fat chocolate milk
- Low-fat smoothies or yogurt drinks
- Whole-grain crackers, tortillas
- Cereal (as long as it's not high in sugar)
- Plain popcorn
- Low-fat pudding
- Fruit; apples, bananas, pears, oranges
- Veggies; carrots, sugar snap peas, cucumbers
- Clementine's (Halos or Cuties)
- Grapes (try frozen ones for something different)
- Slices or chunks of melon
- Berries
- Applesauce
- Fruit frozen into kabobs or pops
- Dried fruit, including leathers or rolls made with 100% fruit
- Fruit-flavored gelatin
- Granola bars (watch out for high calorie, fat, and sugar content)
- Fig bars
- Oatmeal cookies
- Animal crackers
- Bagels w/cream cheese or peanut butter
- Muffins (low-fat)
- Home-made Trail mix
- Cheese, nut and beef stick trail mix
- Hummus and dipping veggies
- Beef Jerky
- Hard boiled eggs
- Peanut & other butters and fruit
- Rice cakes/chips w/spread or dip
- Homemade popsicles
- Spiral cut veggies
- Guacamole with tortilla chips
- Baked corn chips with black beans
- Parfaits (yogurt, butters fruits & granolas)

➤ If you want to get fancy check out Pinterest for kids snack ideas.

References:

Purcell, LK, MD; et al. Sport nutrition for young athletes; Canadian Pediatric Society's Nutrition & Gastroenterology Committee.
Eldridge, JP DC. 3 Critical Nutrition Tips Gyms Can Do to Improve Performance.
Batra, S, Nutrition for Teen Female Gymnasts