

21 NUTRITIOUS SPORTS SNACKS FOR KIDS

Keep in mind that portion sizes will vary depending on the age, size, and appetite of your child. You know your kid best!

1. Yogurt + fresh or frozen berries
2. Half of a deli meat sandwich
3. CLIF Kid Zbar® + glass of milk (dairy or fortified non-dairy)
4. Dried fruit and nuts, like raisins and peanuts or dried apricots and almonds
5. Cup of cottage cheese with sliced fruit
6. Apple slices + piece of deli turkey
7. Hard-boiled egg and a few whole grain crackers
8. Smoothie made with milk, frozen banana, and a couple drops of vanilla extract
9. Small bowl of whole grain cereal with milk
10. Slice of whole grain toast with mashed avocado
11. Small plate of dinner leftovers, such as pasta with meat sauce
12. Bowl of stove-popped popcorn + a glass of chocolate milk
13. Tuna (from a pouch or can) with whole grain crackers
14. Apple slices spread with nut or seed butter
15. Baby carrots and cucumbers dipped into hummus
16. String cheese + pretzels
17. Half of a quesadilla with refried beans and cheese
18. Half of a veggie burger on a bun
19. Yogurt tube + banana
20. Whole grain waffle spread with nut or seed butter
21. Beef or turkey jerky + cup of unsweetened applesauce