
From the Creator of The Kids Healthy Weight Project



85

HEALTHY

SNACKS

for Teens

85 Healthy Snacks for Teens



100% Orange Juice + Yogurt popsicle

Half of a sandwich and a glass of 100% fruit juice

Cheese and crackers

Peanut butter and pretzels

Mini bagel and cream cheese

Homemade trail mix (cereal, nuts, dried fruit)

Red grapes and cheese kabobs

Pepperoni mini pizza (pita, tomato sauce, cheese and turkey pepperoni)

Black olives, feta cheese and pita bread

Frozen yogurt with fresh berries

All fruit popsicle and roasted almonds

Oatmeal and berries

Low fat chocolate milk and whole grain crackers

Mozzarella and tomato skewers

Tuna fish salad and crackers

Chicken salad and green grapes

Tossed salad with cheese cubes and dressing

Low Fat Ranch dressing and veggies

Smoothie made with frozen berries, yogurt and milk

Celery sticks with cream cheese or nut butter

Chocolate hazelnut butter and graham crackers

Melon balls with a dollop of Greek Yogurt (cantaloupe, honeydew)

Avocado spread on whole grain crackers

Whole grain waffle swiped with peanut butter

½ grilled cheese sandwich and vegetable juice

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Yogurt, fruit and granola mix
Baked potato and cottage cheese
Toast with peanut butter
Pita bread and hummus
Granola bar (Clif, KIND, Cascadian Farms)
Smoothie (with yogurt, frozen fruit, milk or 100% juice)
Pretzels and dried cherries mix
Raisins and peanuts
Mini bagel with jam
Beef jerky and a mozzarella cheese stick
Hard-boiled egg and half an English muffin
String cheese and snow peas
Whole grain blueberry muffin (regular size)
Waffle with nut butter
Mixed nuts
Sunflower seeds
Yogurt tube (frozen or refrigerated)
1/2 deli sandwich (turkey, ham, roast beef, chicken)
Flour tortilla with cheese (quick quesadilla)
Orange or clementine with 1/2 cup yogurt
Tortilla chips with bean dip
Grapes and cheese
Berries and Greek yogurt

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Cold pasta salad with veggies
Pudding made with milk
Guacamole on whole grain tortilla chips
Avocado on toast
Pita chips and hummus
Dry cereal and dried apricots
Whole grain waffle with strawberry cream cheese
English muffin with almond butter and honey
Grilled cheese sandwich
Fig Newtons and milk
Frozen yogurt popsicle
Tortilla chips and salsa
Rice cake with nut butter and a drizzle of honey
Edamame in the shell

How much should you eat? Check out the portion or serving size on the package and use that as your guide. If your snack doesn't have a package, generally a 1/2 cup of fruit or veggies, 1/2 cup of cereal or chips, an ounce or two of protein, and a small handful of nuts will be okay.

For more specific portions sizes by age, check out my resource here: <http://jillcastle.com/wp-content/uploads/2014/05/Food-portions-for-kids1.pdf>