

# **Dr. Patricia J. Wales ND & Dr. Jennifer Bunzenmeyer ND**

**Naturopathic Medicine at the Acadia Wellness Centre # 2 - 430 Acadia Dr. SE, Calgary, AB T2J 0B2**  
(403) 301-0123 Fax (403) 301-0105 [www.ndclinic.com](http://www.ndclinic.com)

## **HEALTHY KIDS, HEALTHY SNACKS**

“Mom, I’m hungry!” Does this sound familiar? The modern day busy family sometimes has trouble fitting in three healthy meals each day. Since snacking has become an important contributor to daily food intake, better make those snacks as healthy and tasty as possible. While children are eating extra calories, many still fall short on meeting their needs for vitamins and minerals, such as vitamin E, vitamin B<sub>6</sub>, zinc, and iron. Whether eating on the go or at home after school, healthy snacks are easy and quick to put together and eat, and offer important nutrients and energy. If your kids are begging for chips and candies, try packing in some fruit, veggies, cheese and whole grain crackers in containers with dividers instead. Keep healthy beverages, such as water, juice, and soymilk, and snack foods at a reachable height and where it’s most visible to your child in the fridge.

### Healthy Snack Ideas:

- Chopped raw vegetables and dip
- Chunks of avocado, cucumber, or cooked sweet potato
- Rice crackers or veggies with hummus
- Pretzels or popcorn
- Tortilla chips with bean dip (combine 1 cup refried beans with ½ to 1 cup salsa)
- Cheerios, granola, or other cereal in a bag
- Toasted whole grain breads or crackers with fruit spread or nut butters
- Graham crackers or gingersnaps dipped in applesauce
- Mini rice cakes with peanut or cashew butter
- Apple slices with almond butter
- Fresh fruits (apple, grapes, pears, oranges, berries)
- Dried fruits, especially raisins
- Frozen bananas blended with a little non-dairy milk (rice or soy milk)
- Applesauce or other fruit cups
- Nuts, especially mixed with dried fruit
- Individual boxes of soymilk, rice milk, or fruit juices
- Fresh soybeans (edamame)
- Bite-sized tofu cubes

### **Maple Walnut Granola**

3 cups rolled oats  
1 cup wheat germ  
1/2 cup chopped walnuts  
1/2 cup raisins  
1/2 cup dried cranberries  
1/4 cup sesame seeds  
1/4 cup maple syrup  
2 tablespoons molasses  
1 teaspoon cinnamon

Preheat oven to 300°F. Combine all ingredients in a large bowl and mix thoroughly. Transfer to a 9- x 13-inch baking dish. Bake and turn mixture often with a spatula until mixture is golden brown for about 25 minutes. Makes about 6 cups.