

Healthful Snacks For Kids

Now days, more than ever children should be eating healthier. For millions of children in America consuming junk food and increased inactivity has led to obesity and an increasing number of children being above ideal weight. Not only is it important to teach your child which snacks they should eat, but educating them during the early, formidable years may help them sidestep obesity and becoming overweight in the future when they are adults. Here are some tricks on tasty healthy snacks for children.

One way for your children to eat healthy snacks is to get them started on naturally sweet foods. Since most kids crave sweets for snacks, naturally sweet foods such as fruits are ideal. Encourage them to enjoy a banana, orange, apple, cherries, strawberries and other berries whenever they have a sweet tooth. You can mix in yogurt or even make a fruit smoothie for them with some milk and a drop of chocolate or other natural flavors.

Another great way for your little ones to enjoy healthy snacks is to give them fresh nuts. Kids love peanuts, walnuts, sunflower seeds, almonds, etc. One of the things to recognize about children is that if they try enough types of natural and healthy snacks, they will find one that they love. The problem is that many times parents give up trying to find the snacks that their kids enjoy and settle for popular junk foods instead.

When deciding on a healthy snack, what you want to avoid are products with boatloads of sugars, unwanted preservatives and empty calories. While most kids will fight you tooth and nail if they have to eat wheat germ and tofu, most children will be more than happy to eat snacks if they have a sweet taste and are presented in the right way.

Other healthy snacks that many children like are dry cereals. For example, there are many breakfast cereals that are derived from corn, wheat, bran and include nuts and honey. These cereals when consumed at breakfast usually include milk; however, you can easily serve them without milk to your children. One of the most popular dry cereals which are healthy and nutritious for your little one at almost any age is Cheerios. Cheerios are lightly sweetened and tasty either moistened with milk or dry. If your little one craves a delicious snack for lunch or to take along for camp or little league, dry cereal is not only nutritious, but delicious.

For those children that are terribly picky and only want junk food, one strategy to use in order to get your child to eat nutritious snacks is to buy premade natural snacks. Today, there are tons of prepackaged snacks that might look like junk food, but are actually healthy and nutritious for your little one. They include certain fruit roll ups, string cheese and granola bars. Many of these snacks look like junk food, but are actually made from natural ingredients and include relatively little sugar and empty calories. If you are looking for a great way for your child to remain healthy, check out the above mentioned tricks on healthy snacks for little ones.

Dine Without Whine is a great menu planning service for active families. Go to <http://www.momurl.com/EatAtHome/> to discover even more rewards to menu planning.