

## Healthy Snack Ideas for Teens

1. **Hard Boiled Eggs plus an apple.** Whether your teen is looking to gain muscle or lose weight, this perfectly packaged protein can be the answer. Add the apple for energy and fiber.
2. **String cheese plus a handful of almonds.** Calcium is vital for this age group as they are still in the bone growth phase of their life. The almonds are a filling compliment to add some good fat, magnesium and fiber.
3. **Soft pretzels and hummus.** Many recipes can be found online, and it can be the perfect filler to carry your teen over until dinner.
4. **Peanut butter and an apple.** The ultimate snack with perfect portions of fat, carbs, and protein! Change up the peanut butter by grinding up other nuts like almonds or cashews.
5. **Low fat yogurt with berries and cottage cheese.** Another calcium power house! Exchange the low fat yogurt for some Greek yogurt and the protein literally doubles. Adding the berries gives a great flavor while also getting in some vital antioxidants.
6. **Popcorn mixed with nuts and dried fruit.** This filling snack may be light on protein, but the good fat and energy it will bring makes it a great pre-exercise snack.
7. **Whole wheat English muffin with pizza sauce, veggies, and mozzarella cheese.** While these taste best baked and toasty, some teenagers just put it in the microwave to warm it up. Whatever makes them happy!
8. **Baked corn chips with bean dip.** There are some bean dips that have black eyed peas, avocado, and tomatoes, and they are great! Adding some pita crisps or chips makes it a very filling snack.

The bottom line is to make sure your kids have healthy options for snacks at home. When there is nothing good to eat, the easy solution is junk food. Ask your teens what kind of healthy food they wish you would keep in the house, and make sure it's there for them.