

DIANA WALLEY

Nutrition. Fitness. Lifestyle.

Growing brains and bodies require essential nutrients from fresh whole foods to thrive. This can be challenging for busy parents with picky eaters. I have your back! Here are some best-choice foods to help you create healthy snacks and school lunches.

Selecting a variety of nutritious vegetables, fruits and proteins keeps things fun, interesting and delicious. It can take a child up to 13 times to enjoy a new food so don't give up! A healthy diet is critical for growth, a happy mood and a strong immune system. Involve your child in grocery shopping and meal prep, make it fun and keep trying!

Board Certified Nutritionist

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Healthy SNACK Ideas for School
A piece of fresh fruit (nature's perfect "fast food")
A container of veggies (bell peppers, carrots, cucumber, snap peas, cherry tomatoes, etc.) with hummus
Fruit & veggies with pumpkin seeds
1/2 sunbutter sandwich on whole grain bread
Apple "sandwich" with sunbutter (use apple slices as a sandwich)
Ants on a log (celery stuffed sunbutter and raisins)
Trail mix (seeds, apple-juice sweetened dried cranberries, raisins, mini chocolate chips, unsweetened coconut flakes, etc.)
Natural jerky & carrot sticks
Organic deli turkey or ham slices and cream cheese rolled into pinwheels
Hard boiled eggs & carrot sticks
Organic cheese & an apple
Low sugar Greek yogurt
Popcorn (with minimal ingredients) and an apple
Healthy homemade muffin (https://cookieandkate.com/healthy-blueberry-muffins)
Seaweed snacks
Veggie-Go's (or other organic to fruit leather)
Nature's Path Organic Crunchy Granola bars (2 tsp sugar, 3g fiber, 3g protein)
Mamma Chia Squeeze

Healthy LUNCH Ideas for School
Leftovers in a Thermos (soup, chili, spaghetti and meatballs, chicken pot pie, etc.)
Organic deli turkey or ham slices, cut veggies (bell peppers, carrots, cucumber, snap peas, etc.), whole grain crackers and a piece of fresh fruit
Egg salad sandwich, carrot & celery sticks and nut-free trail mix
A protein smoothie in a Thermos, popcorn (with minimal ingredients) and celery stuffed with sunbutter
Leftover chicken (or deli chicken), organic cheese, whole grain crackers, sliced red bell pepper and a piece of fresh fruit
Sunbutter on a tortilla, carrot sticks and an apple
Smoked salmon (or tuna) sport pouch, organic corn chips, cucumbers & snap peas and a piece of fresh fruit
Hard boiled egg, low sugar Greek yogurt with low sugar granola and a pear
Hummus, cut veggies for dipping, a few slices of organic deli meat and grapes
Amy's frozen burrito cooked and packed in a Thermos
Organic frozen tamale cooked and packed in a Thermos

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