

Healthy Snacks Swaps For Kids

THEPEACHEEPear.COM



Fruit Cups
Swap For
Fresh Fruit



Chips
Swap For
Kale Chips

Seaweed and Homemade
Potato Chips are also
great options



Fries
Swap For
Baked Sweet
Potato Fries

Baked using healthy fats
like coconut oil or
avocado oil



Cookies
Swap For
Energy Balls



Yogurt
Swap For
Plain
Greek Yogurt

For added nutrition,
add fresh fruit and
raw nuts



Granola
Bars
Swap For
Trail Mix

Best if homemade
using raw unsalted nuts,
dried fruit,
freeze dried fruit,
semi-sweet dark chocolate



Microwave
Popcorn
Swap For
Homemade
Popcorn

Makes for a
fun activity to do
with the kids

Goldfish
Crackers
Swap For
Roasted
Chickpeas

