



## Healthy Snack Info Guide

**\*The research on high sugar and grain/carbohydrate based diets is too overwhelming to ignore. Contributing to ADD, ADHD, autism spectrum disorders, childhood blood sugar disorders, depression, anxiety, social disorders, malnutrition, hyperactivity, sleeplessness and insomnia, restlessness, constipation, IBS and other GI disorders, diabetes type II, hormonal disorders, etc., high sugar/carbohydrate/grain based diets (more than 15% of calories per day) can adversely affect your child.\***

**Q. Would it be beneficial for my child to limit cereal, grain and fruit based bars? As well as all snacks high in carbs/sugars/grains? What types of snacks will provide the best nutritional value for my child?**

A. The types of snacks that provide the best nutritional value for active and healthy adolescents are those that have:

- High protein content
- Healthy fat content (avocado, nuts, organic fatter meats)
- Fiber (vegetables)
- Plant nutrients/antioxidants! (variety of colors of veggies and fruits)
- Non-GMO

Snacks containing natural sugar and fruits in small amounts are OK, but the protein, fat and actual nutritional content should always largely outweigh the carbohydrate/sugar/grain content.

During developmental years, healthy muscle and brain development is critical. Ensuring your child gets good amounts of high quality healthy protein and high quality healthy fats (omega 3's) will ensure they have a nutritional advantage as they move through their scholastic career. The brain is made primarily of fat, diets low in fats and high in carbohydrates have been proven to adversely affect school performance and overall energy levels.

**Q. What types of snacks should my child definitely AVOID?**

A. It is important for children to avoid snacks that have ingredients on the label which are difficult for you to pronounce. If you can't read it, it is not a whole food ingredient and should not be included in your child's diet.



Avoid:

- Food colorings (e.g., yellow 6)
- Chemical preservatives
- Corn and vegetable oil derivatives
- Corn syrup
- Synthetic sugars
- GMO's

It is important to stay away from grain based day-to-day snacks unless your child is under specific instruction from a health care professional to do so when participating in sports (E.g. some coaches like carbohydrates after performance to aid in recovery, some coaches like carbs before endurance practice/competition).

The high amount of carbohydrates contained in grain based snacks cause a spike in insulin levels post consumption, and then a crash. These rapid fluctuations make it difficult to maintain concentration in school and produce lower levels of energy during sports practices and games. This makes it especially important to provide your child with low carb meals in the morning.

Try to stick with organic, non-processed, wild-caught, free range, hormone free, grass fed, and non-GMO if the options are available. "Natural" does not actually mean anything. We know it can be difficult to do this, use your best judgement. Things like fruits and vegetables with thinner skins or leaves are important to buy organic as they absorb pesticides more easily.

## Snack Suggestions

**If you are looking for healthy options that are easy to buy in stores or online, and even make yourself at home, take a look at the below!**

### **Low Sugar Plant Based Snacks for Kids**

Hemp crunch BBQ flavor

<https://thrivemarket.com/evo-hemp-barbeque-hemp-crunch>

Organic shelled pumpkin seeds

<https://thrivemarket.com/thrive-market-organic-pumpkin-seeds>

Seaweed snacks

<https://thrivemarket.com/thrive-market-sea-salt-seaweed-snack-4-pack>



Jicama chips

<https://thrivemarket.com/jica-chips-sea-salt-jicama-chips>

### **Protein Based Snacks for Kids**

Jerky bars, turkey, buffalo jalapeño

<https://thrivemarket.com/tanka-bar-turkey-buffalo-with-cranberries-jalapeno-bar>

Free range turkey sticks

<https://thrivemarket.com/the-new-primal-turkey-sticks-cilantro-lime>

Vermont smoke and cure

[https://vermontsmokeandcure.com/?gclid=EAlaIqobChMI5Nyn7Mj-2AIVTiOBCh3RtQ-fEAYASAAEgIS9\\_D\\_BwE](https://vermontsmokeandcure.com/?gclid=EAlaIqobChMI5Nyn7Mj-2AIVTiOBCh3RtQ-fEAYASAAEgIS9_D_BwE)

### **Healthy Fat Based Snacks for Kids**

Whole Foods has many nutritious nut and seed mix selections with dried fruits that are kid (and adult) friendly. Stay away from mixes high in sugar with chocolate and candy. Please note that clicking on these links will first send you to the Whole Foods Instacart which will then allow you to view their nut mix products in the healthy snack category.

#### **Nuts, seeds, dried fruits and mixes at Whole Foods in Greenwich:**

<https://delivery.wholefoodsmarket.com/store/whole-foods/departments/85/aisles/529>

[https://delivery.wholefoodsmarket.com/store/whole-foods/search\\_v3/epic](https://delivery.wholefoodsmarket.com/store/whole-foods/search_v3/epic)

[https://delivery.wholefoodsmarket.com/store/items/item\\_30882580](https://delivery.wholefoodsmarket.com/store/items/item_30882580)

[https://delivery.wholefoodsmarket.com/store/items/item\\_30978979](https://delivery.wholefoodsmarket.com/store/items/item_30978979)

#### **Want to Make it Yourself? See these fun websites for snack and meal ideas:**

<http://www.paleonewbie.com/>

<http://eatdrinkpaleo.com.au/paleo-kids-lunch-box-ideas-nut-free/>

<https://civilizedcavemancooking.com/meal-plans/healthy-kids-snacks/>