

CT Children's CLASP Guideline Family Handout

Lipid Abnormalities: After School Snack

After School Snack

For best energy/nutrition pick a produce (Fruit or veggie + a protein/fat or a grain)

Some favorite snack foods by group:

Veggies:

- *Baby Carrots
- *Mini (Persian) Cucumbers
- *Mini Colorful Bell peppers
- *Broccoli/Cauliflower mix
- *Grape Tomatoes

Fruits:

- *Sliced Apples
- *Sliced Pears
- *Clementines
- *Raspberries, Blueberries, Strawberries
- *Grapes
- *Crunchy "Freeze dried" Fruits
- *That's It fruit bars

Proteins/Fats:

- *Small yogurts or vanilla yogurt tubs
- *Hummus Cups (Costco Sells)
- *Guacamole Cups or smashed avocado cups (Costco sells)
- *Cheese sticks
- *Yogurt based ranch dip
- *Hard boiled eggs or Egg muffins
- *Protein waffles
- *1 tbsp nut butters
- *Energy Bites (1 cup oats, ½ cup nut butter, ½ cup ground flaxseed, 1 tsp vanilla, ½ cup raisins- mix together and roll into small balls (Ping pong size) then put in fridge to harden)

Grains:

- *1/2 cup cereal
- *1/2 cup snap pea crisps
- *1/2 cup pretzels or other crunch snack- whole grain crackers
- *Kate's Real food energy bars or Mini Lara bars

Ideas:

- *Rainbow Plate- sliced colorful pepper slices, carrot sticks, tomatoes + hummus or quacamole or yogurt ranch dip
- *Sliced apple with nut butter spread thin on each slice or a handful of nuts
- *Cheese stick + Fruit
- *Berries on the bottom of a bowl + ½ cup cereal + spoonful of crushed nuts
- *Energy bites + Fruit serving
- *Mini cucumber slices/peppers + harvest snap peas with quacamole
- *Applesauce pouch + Energy bite