
Healthy Snack Ideas for Teens

Protein

- Hard-boiled eggs
- Jerky (turkey or beef)
- Roasted chickpeas
- Nuts (almonds, cashews, pistachios)
- Edamame
- Energy balls
- Protein shake
- Bean dip w/ tortilla chips
- Hummus with veggies
- Turkey roll ups with avocado slices
- Rice cakes with avocado slices (sprinkled w/ salt and pepper)
- Left over chicken or steak
- Avocado rolls

Dairy

- Cheese sticks
- Greek yogurt with granola and fruit
- Granola with almond milk and fresh berries
- Cottage cheese
- Fruit smoothies with greek yogurt

Fruits & Veggies

- Applesauce
- Banana with nutbutter
- Apple slices with nutbutter
- Fresh fruit bowl
- Celery sticks with peanut butter
- Olives
- Dates (to curb sweet cravings)
- Kale chips
- Cherry tomatoes
- Guacamole with veggies

Grains/Starches

- Whole grain toast
- Whole grain crackers
- Popcorn
- Whole grain cereal (find a brand with low sugar)
- Trail mix
- Pretzels
- Homemade healthy cookies

