



Healthy Snacks for Kids with Food Allergies

Easy, Tasty, and Allergy-Friendly

Snacks may be used to contribute to nutritional needs for children who have variable appetites. Snacks need to be chosen carefully so they are nutritious, but do not interfere with main meals. Sometimes even small snacks can result in poor intake at meal time.

Young children should be accompanied by an adult while eating foods of varied consistencies. Some foods, even though they may seem "kid friendly" can cause choking. These foods include hot dogs, peanuts, small pieces of fresh fruits and vegetables such as grapes, berries, sliced apples, carrots, celery, and raisins. Potato, corn, and tortilla chips, popcorn, and seeds may also cause choking.

A general rule of thumb for portions is to offer one tablespoon of each food for every year of age and serve more according to the child's appetite.

Remember to *always verify* the safety of any products or recipes to make sure they are truly safe for your child's unique food allergy issues.

1. Unsweetened (no sugar or corn syrup added) dried fruit or fruit leathers

2. Air-popped popcorn drizzled with oil (not margarine or butter) and nutritional yeast

3. [Sesame-free hummus](#): Serve with whole grain pita triangles or whole wheat crackers

4. "Ants on a Log": Sunflower or soy nut butter spread on celery, topped with raisins

5. Cut-up fruit dipped in low-fat yogurt or yogurt alternative



7. Fruit kabobs

6. Rice cakes spread with soy or sunflower butter

9. Cut whole wheat tortillas into smaller triangles and toast them in the oven to serve with bean dip, fresh salsa and/or [high-protein guacamole](#).

8. Spread soy or sunflower butter on apple slices

10. "Orange Creamsicle": 100% orange juice mixed with vanilla soy milk; serve as a cool beverage or freeze in popsicle molds to serve as a frozen treat



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11. Frozen Banana Treats: (a) Cut bananas in half with peel on; insert popsicle sticks into fruit of bananas and freeze.

Once frozen, remove peel and serve. (b) Remove peel from banana. Cut into halves. Dip bananas in yogurt or yogurt alternative and then roll in crushed cereal (such as puffed rice or Rice Chex™) then freeze.

12. Smoothies: Blend frozen berries, low-fat milk or milk alternative and a banana (optional) for 30 seconds to make a fast smoothie. Quick raspberry smoothie: 2 cups of vanilla soymilk blended with 1 cup frozen raspberries.

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13. [Roasted Red Pepper Dip](#): Tomato-free “salsa substitute” filled with vitamin C. Great dip for cucumbers, cauliflower and carrots.

14. [Mock Ranch Dip](#): Quick and easy milk-free and egg-free ranch dressing or dip. Good dip for broccoli, carrots, cucumbers, celery.

15. Bean Dip: Use low-sodium/low-fat refried beans and mix with salsa. To increase the nutritional value, add pureed cooked carrots or a baby jar of vegetables. To thin out the dip, use low-sodium vegetable juice (V-8). Serve with whole grain crackers, pitas or tortillas.



16. [Mock Cheese Crackers](#): these crackers are packed with protein from lentils and nut/seed butter

17. [Beanballs](#): A fun new way to serve rice and beans

18. Fruity granola bars such as [Raspberry Oat Bars](#)

19. [Trail Mix Power Sticks](#): Easy to serve trail mix bars

20. [Popped Amaranth](#)

21. [Banana Shake](#)

22. [20-Minute Oatmeal Cookies aka Vegan Granola Balls](#): These all oat-oat cookies are sure to be a hit with kids!



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