

KID-FRIENDLY SNACK PAIRINGS



START WITH CARBOHYDRATES

The body's main source of energy – especially for the brain and muscles! Carbs break down quickly for a quick boost of energy.

FRESH OR DRIED FRUIT	PRETZELS
FRUIT POUCHES	POPCORN
WHOLE GRAIN SNACKS	DATE-BASED BARS
CRACKERS	GRANOLA BARS
PITA CHIPS	PRODUCE-BASED SNACKS

ADD A PROTEIN

Supports growth and helps you feel full longer. Digests more slowly, reducing crashes and supporting steady energy between meals.

YOGURT OR KEFIR	NUTS & SEEDS (PUMPKIN, SUNFLOWER)
CHEESE STICKS	HUMMUS
COTTAGE CHEESE CUPS	BEAN OR LEGUME SNACKS
EGGS	MEATS
NUT BUTTER	MILK (DAIRY, SOY, PEA)

Fuel That Lasts

Snacks that have both carbohydrates & protein support steadier energy between meals, reducing dips in how you feel as the day goes on.

BALANCED PAIRINGS

(Just a Few Examples)

Harvest Snaps + Babybel Cheese

Archer Turkey Stick + Dried Apricots

Hippeas Chickpea Puffs + Apple Slices

Simple Mills Crackers + String Cheese

Bare Apple Chips + Nut Butter

Lesser Evil Popcorn + Nuts

Straus Greek Yogurt + Berries

DIY Nut & Dried Fruit Trail Mix

GUSSMARKET.COM



The
**BALANCED
BASKET**



NUTRITION TIPS, RECIPES & ADVICE

The
**BALANCED
BASKET**

**SNACK
HUNT**

GUS'S

FIND A SNACK THAT

- Gives you quick energy (hint: fruit or grains)
- Helps you stay full longer (hint: protein)
- Has crunch
- Is creamy
- Is something you can share
- Comes from a plant
- Is your favorite color
- Has 2 or more food groups
- You've never tried before

Healthy Picks

Bonus



Draw or write
your combo here



**BUILD YOUR OWN
BALANCED SNACK**

PROTEIN + CARBOHYDRATE

Remember

Snacks that combine
carbohydrates and protein
can help support steady
energy, focus, and fullness

—
for the whole family!