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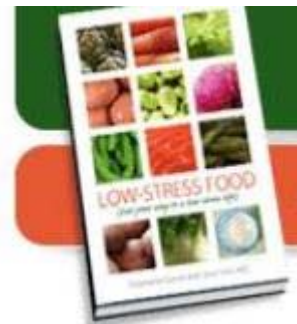
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Low-stress snack food ideas for kids

The following tips come to us courtesy of Dr Joon Yun, author of "Low-Stress Food -- Eat Your Way to a Low-Stress Life," which explores the unprecedented idea that food itself can be a source of stress --which of course leads to unhealthy weight gain.



All of the ingredients in the below [recipes](#) are easily found at most large grocery stores as well as at small, local ones. Here are a few very simple, quick and easy and Low-Stress kids' snacks and lunchbox ideas that are easy to prepare:

- Spoon some low-fat, organic/natural cottage cheese or yogurt (We like Nancy's or Stornetta Farms versions) into a bowl and add some sliced seasonal/organic fresh fruit for a good source of protein, energy and vitamins.
- Another Low-Stress twist on a very simple classic kids' snack: Natural unsweetened peanut, cashew or almond butter spread on celery with raisins.
- Kids can prepare this one: low-fat yoghurt, spooned into a bowl. Add granola, (preferably granola high in omega-3) and seasonally fresh organic berries.

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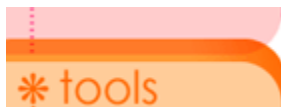
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For question of recess snack in the lunch box:

- Dried [organic fruit](#) mixed with walnuts, almonds, or pumpkin seeds is quick, simple and nutritious. Most schools do not allow peanuts, but often other nuts are acceptable. Please check with your child's teacher on lunchbox rules regarding nuts.
- Granny Smith Apple slices (healthiest apples) spread with almond butter or low-fat cream cheese.
- Guava and Mango are especially high in vitamin C, E, selenium and are fun cubed, skewered with other fresh fruit, and organic mozzarella cheese.
- Whole wheat organic pretzel [rods](#), multigrain crackers, or flatbread spread with low-fat cream cheese.
- Annie's natural organic granola bars

For Low-Stress snacks that require a little more preparation:

- Sprinkle organic shredded cheddar on a whole wheat or sprouted tortilla and add organic apple slices. Heat up the tortillas with melted natural butter or extra-virgin olive oil until the cheese is melted. This is easy to make larger quantities for when friends are over.
- Locally made organic cheese can be cubed and put along sliced seasonal organic vegetables on skewers. Kids can help!
- Real Macaroni and Cheese can be made with whole wheat pasta (we like Hodgson Mills) served with organic cheese (suggested: O Organics Cheddar) melted on top. There are also organic, ready made boxes of mac & cheese (Annie's brand is a quick answer) that are readily available at most grocery stores. Add some steamed organic broccoli florets for vitamin C, iron and fiber.
- Spend a Saturday at the Farmer's market with your child picking interesting local, seasonal vegetables to be boiled into a soup. It's best to use a myriad of different colored vegetables. The soup can then be made in bulk and reheated on the stove to serve as a snack later in the week along with some crunchy raw vegetables and whole wheat organic bread. This way, kids are actively participating in more than just

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making the food--they can choose it and actually meet the people that grew it. Soup is great in a lunchbox thermos!

- Add the fresh vegetables to a whole wheat pasta in a colorful pasta salad. It's best to use a spectrum of different colored vegetables, add a little extra-virgin olive oil.
- Natural and organic as well as vegetarian deli meats are gaining in popularity and lots of major grocery stores now carry them. These can easily be put into sandwiches that are made with seasonal vegetables and organic, whole wheat bread. Or, include them in a wrapped whole wheat tortilla spread with low-fat cream cheese, or hummus.

Stay tuned for next week's low-stress kids' snack ideas. Remember, variety is key, and try and maintain healthy ingredients in all meals to ensure your child will eat healthy for a Low-Stress Lifetime! Learn More at [Low Stress Foods](#).

Related reading:

- [What does organic mean?](#)
- [4 Tips to get your kids to eat their fruits and vegetables](#)
- [Kid-friendly kitchen fun](#)
- [Tips from Dr. Ann for building a better school lunch](#)



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More low-stress snack ideas

A few weeks back, I posted a list of "low stress" snack ideas. The idea behind low-stress foods is that food itself can be a source of stress, and could lead to weight gain. What follows is a nice list of healthy, low-stress foods, and the companies that make them.

For more information, please see Dr Joon Yun's book "Low Stress Food: Eat yourself to a low stress life".

- Barbara's Granola Bars, Cinnamon Raisin, Oats and Honey, Carob Chip & Peanut Butter
- Barbara's Multigrain Cherry, Strawberry & Apple Cinnamon Cereal Bars
- Barbara's Snackimals, Oatmeal, Carob Chip & Vanilla
- Basil's [Animal Crackers](#)
- Blue Diamond Plain Almond
- Blue Diamond Smokehouse Almonds
- Bodhi Jungle Nut Crunch Bar
- Cal-Tropic Ameri-Mix Fruit & Nut Snack Mix
- Cal-Tropic Totally California Trail Mix
- Cliff Bars, Chocolate Chip Peanut Crunch, Chocolate Almond Fudge, Cookies and Creme and Chocolate Brownie
- Dakota Gourmet Honey Roasted Sunflower kernel
- Dakota Gourmet Lightly Salted Sunflower kernel
- David Pumpkin Seeds
- David Sunflower Seeds
- Envirokidz Crispy Rice Bar
- Famous Amos Oatmeal Raisin Cookies
- Fig Newmans
- Fresh Fruit
- Fresh Veggies
- Frito Lay Baked Doritos
- Frito Lay Baked Lays

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- Frito Lay Rold Gold Pretzels
- Frunola Energy Bars
- General Mills Chex Mix
- General Mills Morning Mix
- Genisoy Soy Crisps
- Glad Corn Original A-Maizing Gorn Snack
- Golden Nut Chile Y Limon Garbanzos
- Golden Nut Chile Y Limon Havas
- Health Valley Apple Cobbler
- Health Valley Granola Bars
- Health Valley Solar Bars, Berry, Peanut Butter & Chocolate
- Health Valley Strawberry Cobbler
- Kellogg's Nutrigrain Bars
- Kellogg's Pop Tarts
- Kettle Krisps, [BBQ](#) & Low Salt
- Kettle Valley Fruit Bars
- Kirkland's Trail Mix
- Kudos Milk Chocolate Granola Bars, Chocolate Chip and m&m's flavor
- Luna Bars
- Mr Krispers Rice Chips
- Mr Nature Unsalted Trail Mix
- Nabisco Corn Nuts, Original, BBQ, Chili Picante Con Limon, Red Hot, Taco
- Natural Value Fruit Leathers, Apricot, Peach, Raspberry, Strawberry
- Nature Valley Bars
- Newman's Own Salted Rounds Pretzels
- Pita Cheddar Cheese Snax
- Pita Cinnamon Snax
- [Planter's](#) "Heat" Hot Spicy Peanuts
- Planter's Peanuts
- Robert's American Gourmet Buds
- Robert's American Gourmet Fruity Booty
- Robert's American Gourmet Pirate Booty
- Robert's American Gourmet Potato Flyers
- Snyder's Pretzels
- Soy Nut Butter Pretzel Sticks
- Tumaro's Krispy Crunchy Puffs, Tanguy BBQ, Natural Corn, Ranch and Herb & Cheddar



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