

40 Healthier Crunchy Foods for Kids (and Picky Eaters!)

	Healthier Alternatives	Where to Buy	Notes
Vegetables	Carrots		
	Celery		
	Parsnips		
	Seaweed Crisps	http://amzn.to/2rT2GVE	
	Jicama		White crisp vegetable
Fruit	Apple slices		
	Pear slices		
	Banana chips (unsweetened)	http://amzn.to/2sKWlcP	Sweetened option: http://amzn.to/2sbZeq6
	Apple chips (organic)	http://amzn.to/2sBUTtq	
Sweet Snacks	Cashew Clusters	http://amzn.to/2s2t0Og	
	Coconut chips	http://amzn.to/2rS9blg	Great source of healthy fats
	Cinnamon Rice Cakes	http://amzn.to/2rSJU0z	Top with favourite nut or seed butter
	Coconut Clusters	http://amzn.to/2s29otE	
	Cinnamon Roasted Chickpeas	http://amzn.to/2rSNKH1	Great source of protein
Nuts & Seeds	Pumpkin Seeds	http://amzn.to/2rSTWPr	High in iron and fibre
	Cashews		
	Almonds		
	Brazil Nuts	http://amzn.to/2rK6G8T	
	Sunflower Seeds	http://amzn.to/2sdGmXA	
	Pecans		
Chips	Beanitos	http://amzn.to/2s1zcFV	Made of beans so higher in protein
	Protein Chips	http://amzn.to/2rSJ8AY	
	Snap Pea Crisps	http://amzn.to/2rSKlIr	Or www.harvestsnaps.com/products/
	Sweet Potato Chips	http://amzn.to/2rS9blg	
	Blue Chips	http://amzn.to/2rS9blg	Gluten Free, Non GMO, Organic

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Crackers	Rice Crackers		
	Rice Cake Thins		Any variety (white rice lower in arsenic)
	Beet/Sweet Potato Crackers	http://amzn.to/2qVcgEi	Beet flavour also available
	Oat Crackers	http://amzn.to/2rRNBno	Gluten-free, No sugar
	Mary's Crackers	http://amzn.to/2rS9blg	Wheat-free, No sugar, Organic ingredients,
Cereal	Love Grown Power O's	http://amzn.to/2slPklw	Bean-based cereal
	Paleo Granola	http://amzn.to/2rSI6VE	Mostly nuts/seeds, low sugar, gluten-free
	18 Rabbits Granola	http://amzn.to/2serg3V	Nut-free
	JK Granola	https://www.jkgourmet.ca	My fave! Gluten and grain free, low sugar
Cookies/Bars	Quinoa Cookies	http://amzn.to/2s1zlct	
	Ginger Snaps	http://amzn.to/2rRZ4mS	No additives, trans-fat, wheat-free
	Simply Protein Bars	http://amzn.to/2sBTN0M	Contains soy, so best to rotate with others
	Hemp Heart Bites	http://amzn.to/2rz6lHz	Contains healthy fats



FREE WEBINAR

Picky Eating

10 ways to help your child try new foods
(P.S. no bribing required)

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