

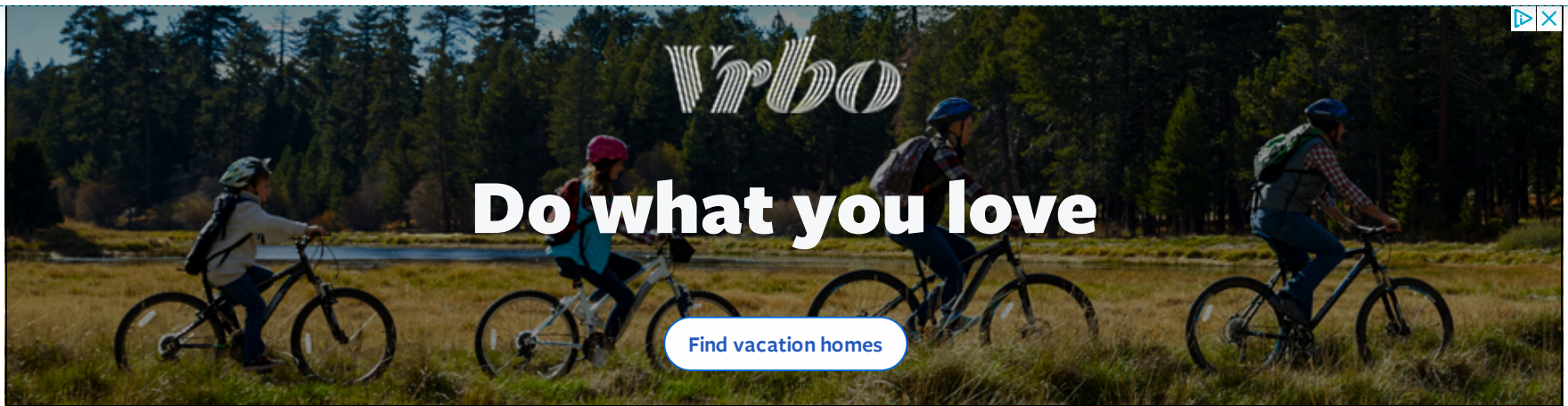


## Your personal family vacation planning starts now

Get expert advice, handpicked recommendations, and tips for your family all year round!

This website uses cookies to enhance user experience and to analyze performance and traffic on our website. We also share information about your use of our site with our social media, advertising and analytics partners.

[Cookie Preferences](#)[Accept Cookies](#)



ALL AGES

# 13 Healthy Road Trip Snacks Your Kids Will Actually Enjoy



BY JUDY KOUTSKY

April 8, 2020



Most kids want to eat junk, junk and more junk—especially on vacation. Trying to get them to eat healthy snacks—let alone something they enjoy and might actually ask for—is just another battle. So we turned to the experts for some healthy, non-boring snack ideas for the road—and how to prepare them.

## Find Your Family Vacation

Destination

Aug 13, 2021 to Aug 16, 2021

SEARCH

Yes, send me expert advice, handpicked recommendations, and tips for my

ADVERTISEMENT



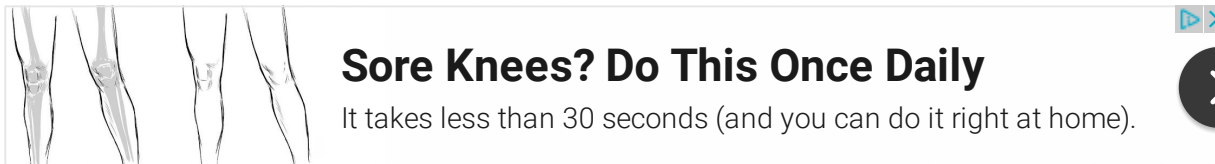
A Better Snack Starts Here

# 1. Make-Your-Own Bento Boxes

“Snacks are really just mini-meals, and need the same components in order to nourish our kids and keep them full until the next meal,” says [Lori Zabka](#), a nutrition coach and personal trainer. “They need a combination of protein, healthy fats, and complex carbohydrates.”

Zabka creates [Bento boxes](#) as snacks because there’s a compartment for each macronutrient. “Instead of handing my son a bag of [chips](#), I might give him some rolled up [organic turkey lunch meat](#) ‘cigars,’ some [gluten-free pretzels](#), an [apple](#) and [carrot slices](#). I’ll add some [ranch dressing](#) for dipping.” Another [Bento snack box](#) idea: [popcorn](#), [string cheese](#), and [grapes](#). If your child is more adventurous, try [hummus](#), [veggies](#), a few [cheese blocks](#), and some blood orange slices.

ADVERTISEMENT



The advertisement features a row of four anatomical illustrations of human knees, showing the joint structure. To the right of the illustrations is the headline "Sore Knees? Do This Once Daily" in a bold, black font. Below the headline is the subtext "It takes less than 30 seconds (and you can do it right at home)." in a smaller, regular black font. In the top right corner of the ad area, there are small icons for a play button and a close button. In the bottom right corner, there is a large, dark circular button with a white right-pointing arrow.

Related: [9 Best Lunch Boxes for Kids](#)



## **2. Make-Your-Own Trail Mix**

[Nuts](#), [seeds](#), and [dried fruit](#) can be mixed together at home for trail mix. Zabka suggests giving kids some say in how much of each ingredient to use. Or, buy [pre-made trail mix](#) for an easy, healthy snack.

### 3. Cracker Stackers

“Try cracker stackers,” suggests Kerry Clifford MS, RD of [Fresh Thyme Farmers Market](#). “Kids can start with a [whole-grain cracker](#) and top it with items such as [sunflower seed butter](#), [yogurt](#), [berries](#), [raisins](#), or even [dark chocolate morsels](#).”

# 3. Yogurt and Berries

ADVERTISEMENT





**COUPON CODES  
AVAILABLE**



**GET CODES**



Capital One Shopp  
The Coupon Finding  
Browser Extension

“The [berries](#) are a kid-favorite and the [yogurt](#) will fill them up and give them some calcium and protein,” says Clifford.

## **4. Greek Yogurt Dip and Veggies**

“Use Greek yogurt to make a healthier ranch dip for dipping colorful veggies like carrots, peppers, broccoli and cauliflower,” says Clifford.

## 5. Apple Chips (Unsweetened)

“[Apple chips \(unsweetened ones\)](#) are a good choice because they contain fiber and beneficial phytochemicals,” says [Summer Yule](#), MS, RDN and Health Educator. (Phytochemicals are natural chemicals found in plant-based foods).

ADVERTISEMENT



**Related:** [9 Kid-Approved Snacks to Bring on the Plane](#)

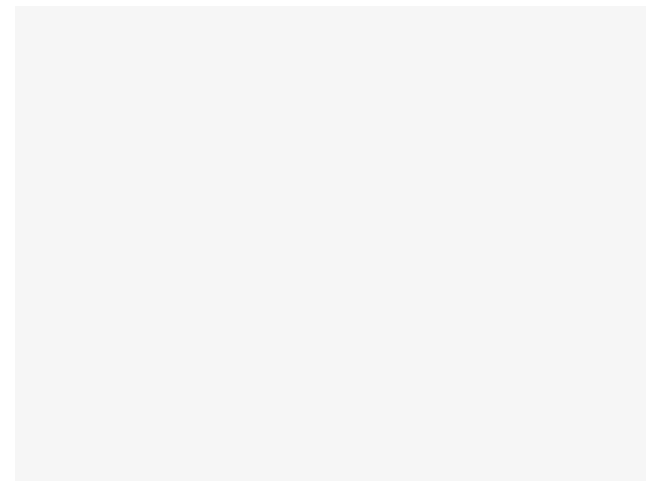


## **6. Hummus Packs**

Shelf-stable [hummus packs](#) with [whole-grain crackers](#) are great for road trips, suggests Yule. Kids who like to dip things may find this option appealing. This snack contains protein and fiber from the hummus, plus [B vitamins](#) from the crackers.

## **7. Nut Butter and Banana**

“[Nuts](#) and [nut butters](#) are great because they contain all three macronutrients: protein, fat, and carbohydrates,” says Zabka. [Nut butter pouches](#) are easy to travel with, and can be paired with an [apple](#) or a [banana](#).





# 8. Edamame

ADVERTISEMENT



## 3 Foods That Fight Memory Loss

Eat these 3 foods daily and watch what happens.  
Boston Brain Science



Open

Not only is [edamame](#) good and good *for you*, but it's fun to eat.

## **9. Air-Popped Popcorn**

You can purchase [popcorn kernels](#) at most grocery stores, and can even find gourmet varieties, such as [Amish Country Popcorn](#), on [Amazon](#). Just go light on the [butter](#) and [salt](#)!

# 11. Cheese Sticks

String cheese is a good, easy choice—and it's mess-proof.



## 12. Grass-Fed Beef Sticks

ADVERTISEMENT



2 Names



3 Names



4 Names



5 Names

“I love combining items such as [Lorissa’s Kitchen’s grass-fed beef sticks](#) that are a good source of protein and low in sugar, with snack size mixes of cut-up [veggies](#)—like [carrots](#), [pea pods](#) and [jicama](#)—for good carbs that are full of fiber,” says Christina Meyer-Jax, MS, RDN, and an advisor for [Lorissa’s Kitchen](#).

## **13. Almonds**

“[Blue Diamond Snack Almonds](#) provide protein and healthy fat to help kids feel satisfied while providing a variety of additional nutrients, including fiber,” says Bonnie Taub-Dix, RDN, creator of [BetterThanDieting.com](#), and author of [Read It Before You Eat It – Taking You from Label to Table.](#)” Your kids will stay satisfied for the entire drive—and parents love them, too!”

# **How to Prepare Healthy Road Trip Snacks**

**Pair the right food.** “From a nutritional standpoint, the main goal for a healthy snack is a balance between a healthy carbohydrate and a protein,” says [Skylar Nelson](#), an RDN who focuses on non-diet, habit-based nutrition. “This helps to manage blood sugar and keeps snackers feeling full until lunch or dinner.”

**Always provide options.** If kids are picky eaters, Nelson suggests providing two healthy options and letting them make the final choice. “Kids like options and knowing they are making decisions,” he says.

**Offer the same snack again and again.** “Picky eaters need continual exposure to the non-preferred foods while they expand their palate,” says [Summer Yule](#), MS, RDN and a Health Educator. What this means is that parents have to keep offering kids healthy food options over and over again—even when traveling.

**Get the kids involved.** One way to get kids to eat healthier snacks, such as fruit? Dehydrate it. “Make it a project,” says [Michael Jay Nusbaum](#), MD, FACS, FASMBS, Surgical Director of the Metabolic Medicine and Weight Control Center for Atlantic Health and Chief of Bariatric Surgery at Morristown Medical Center. “Buy a [food dehydrator](#), cut up the [fruit](#) with the kids and make it together. The kids become fascinated with the transformation. Suddenly [banana chips](#) are crispy and fun. [Strawberry slices](#) are chewy and filled with flavor.

## What to Pack for Your Next Trip

*For info on these editor-selected items, click to visit the seller's site. Things you buy may earn us a commission.*





### Shop the look

Organic Donegal  
Sweater  
L.L.Bean

Rambler 20 oz  
Tumbler  
YETI

Long-Sleeve Waffle  
Tee  
Everlane

Aberdeen Jogger  
prAna

GEL-Contend@  
Walker  
ASICS



### Shop the look

Super Deluxe Book  
Pack  
L.L.Bean

Streamlight 88052  
ProTac HL USB 850  
Lumen Professional  
Tactical Flashlight  
Amazon

Flannel Shirt  
Bonobos

Trailhead Pants  
Coalatree Organics

Outline Hiking  
Sneaker  
Salomon

*Our team of parents and travel experts chooses each product and service we recommend. Anything you purchase through links on our site may earn us a commission.*

**Taboola** Feed



## **The Most Relaxing Farm Game of 2021. No Install**

Enjoy farming, stock up and make friends. Taonga is a whole world full of adventure!

Taonga: The Island Farm | Sponsored

Sign Up





# Plastic Surgeon: "No.1 Thing Every

HealthNews | Sponsored

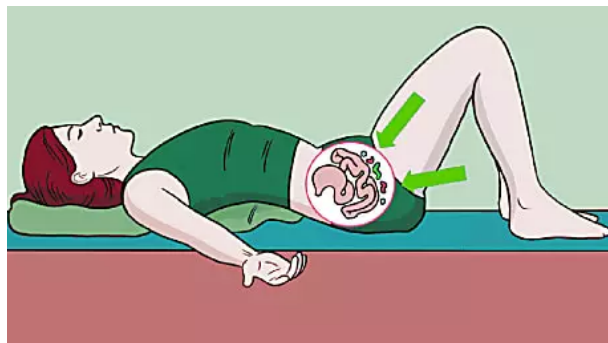
# The Best Incontinence Pads of 2020

Because Market | Sponsored



## Hero Wars For Free. No install

Hero Wars | Sponsored



## How To Entirely Empty Your Bowels Each Morning {1 Min Routine}

United Naturals GutConnect 365 Supplement | Sponsored



## After Céline Dion's Major Weight Loss, She Confirms What We...

Total Past | Sponsored





**This game will keep you up all night!**

Hero Wars | Sponsored

Try Now

## Related Articles

14 Items Under \$25 That You Should Never Travel Without

10 Ways to Amuse Kids at the Airport

6 Secrets for Packing Light for a Family Road Trip

8 Best Swim Goggles for Kids 2021

0 Comments

Sort by **Oldest** ↕



Add a comment...

 Facebook Comments Plugin

[ABOUT US](#) [CONTACT US](#) [NEWSLETTER PREFERENCES](#) [SITMAP](#) [TERMS AND CONDITIONS](#) [PRIVACY AND COOKIES STATEMENT](#)



Yes, send me expert tips and deals!

**SIGN-UP**

By proceeding, you agree to our [Privacy Policy](#) and [Terms of Use](#).

© Copyright 2021 Family Vacation Critic All Rights Reserved

Our team of parents and travel experts chooses each product and service we recommend. Anything you purchase through links on our site may earn us a commission.