Fall and football just go together. But many tailgating and game snacks are high in calories, fats and sugars. Here are a few ideas for fun, healthy snacks that kids will also love!

1. Peel bananas and cut in half, dip in vanilla yogurt, roll into (a less than 6 gram of sugar) crushed cereal, and freeze. Can be made ahead the day before the game.
2. Cut apple slices and stuff into half of a whole wheat pita pocket with some low-fat ricotta cheese and a dash of ground cinnamon.
3. Try ants on a log! Fill celery sticks with a low-fat cream cheese or peanut butter and top with raisins.
4. A great snack for a sandwich bag or when you’re on the go: mix a ready-to-eat cereal that has less than 6 grams of sugar with some dried fruit (raisins or cranberries) and your favorite nuts.
5. Eat low-fat cheese with pretzel sticks and grapes.
6. Try apple slices with peanut butter
7. Enjoy tuna or egg salad made with lite mayo on thin wheat crackers (15 crackers have 130 calories) – be sure to count your tuna or egg salad, as well.
8. Take a corn tortilla, sprinkle with grated low-fat cheese and top with salsa, then microwave for 15 seconds to melt your cheese…yum!
9. Make a smoothie with skim milk, frozen strawberries and a banana. Blend for 20 to 30 seconds.
10. Toast an English muffin half with pizza sauce and low-fat mozzarella cheese.

Dipping Snacks

Try dipping:
1. Carrots or cherry tomatoes in a no-fat or low-fat ranch dressing
2. Fresh fruit in a low-fat or lite yogurt
3. Pretzels in your favorite mustard
4. Wheat thins or pita chips in hummus
5. Graham crackers in applesauce
6. Animal crackers in low-fat pudding
7. Wheat thins in salsa