

Top 10 fruit snacks for kids

Forget cookies. Fruit is now the number-one snack item parents give to children under the age of 6. That's because leading researchers believe that parents are taking childhood nutrition more seriously.

The Produce for Better Health Foundation suggests these top 10 fruit snacks for kids:

- Popsicles (freeze fruit juice to make your own)
- Fruit sandwiches (slices of apples or pears and low-fat cheese)
- Peanut butter and fresh fruit
- Fresh fruit dipped in low-fat yogurt
- Fruit smoothies
- Canned fruit or single-serve fruit cups
- Applesauce as a dip for fresh fruit slices
- Dried fruit packs such as raisins
- Fresh fruit dipped in poppyseed dressing
- Frozen fruit chunks such as bananas and grapes

