

## Snacks You Should Not Buy for Kids

When shopping for snacks for the kids, everyone always ends up in the health bar section trying to find the ideal nutritious option.

However, not all snacks marketed as healthy are truly beneficial.

Dr. Pompa highlights the major [pitfalls to avoid](#) when selecting snacks for your children.

### Avoid Non-Organic [Seed Oils](#)

One of the biggest concerns in many so-called healthy snacks is the presence of [non-organic seed oils](#).

#### These include:

- Canola Oil
- Sunflower Oil
- Vegetable Oil

These oils are often highly processed and can be inflammatory. They may contain harmful chemicals used during their production and refining processes. Processing often involves high heat and chemical solvents, which can lead to the formation of trans fats and other harmful compounds.

Additionally, the extraction process can strip the oils of beneficial nutrients, leaving them nutritionally void. Regular consumption of these oils has been linked to increased inflammation and a higher risk of chronic diseases, such as heart disease and diabetes.

### Watch Out for High Sugar Content

Another issue with many snacks is the high sugar content. Even snacks that appear to be healthy can contain excessive amounts of sugar.

#### For instance:

- Some bars contain up to 25g of sugar per serving, which is far too much for a child's snack.
- High sugar intake can lead to various health problems, including obesity and dental issues.

### Focus on the Ingredients

When choosing snacks, it's crucial to read the labels carefully and focus on the ingredients. Here's what to avoid and what to look for:

- **Avoid:** Non-organic seed oils, high sugar content, artificial additives.
- **Look for:** Organic ingredients, low sugar, healthy fats from sources like nuts and seeds.

### **Healthier Snack Alternatives**

Instead of reaching for the common health bars loaded with sugar and bad oils, consider these healthier alternatives:

- **Organic Fruit Snacks:** Made with real fruit and no added sugars.
- **Nuts and Seeds:** Opt for raw or lightly salted varieties without added oils.
- **Homemade Snacks:** Consider making your own snacks at home using whole, organic ingredients.

Examples include homemade granola bars or energy bites made with oats, honey, and nuts.

### **Conclusion**

Choosing healthy snacks for kids requires careful consideration of the ingredients. Avoiding non-organic seed oils and high sugar content is crucial for maintaining your child's health.

Always read labels and opt for organic, low-sugar options whenever possible.

Want to learn more? Head over to the [Pompa Program blog](#) for more insight on how everyday food choices can impact your health.

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Dr. Daniel Pompa is an expert health coach, author, speaker, trainer, and family man on a mission to bring answers to a hurting world.

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