

HEALTHY SNACK IDEAS

GRAINS

- dry whole grain cereal
- whole grain crackers
- mini rice cakes
- sliced bread
- mini bagels
- graham crackers
- whole wheat tortillas
- baked whole grain snack chips
- pretzels or popcorn

VEGGIES

- veggie “matchsticks” (thin sticks) made from fresh carrots or zucchini
- bell pepper rings
- cherry tomatoes
- steamed broccoli
- green beans
- sugar peas
- avocados
- homemade salsa

FRUITS

- fresh fruit, whole or sliced
- dried fruit
- canned fruit (in its own juice)
- apple slices
- tangerine
- strawberry or banana
- pineapple
- kiwi
- peach/nectarine
- mango
- melon
- grapes or berries
- dried apricots

PROTEIN FOODS (DAIRY FIRST)

- low-fat cheese slices
- string cheese
- mini yogurt cups
- fat-free or low-fat milk
- low-fat cottage cheese
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- egg slices or wedges
- sun butter spread
- bean dip/hummus
- slices of lean turkey or chicken
- pumpkin seeds
- sunflower seeds
- soy nuts



As a general guideline, make snacks that include at least two food groups. Here are some examples:

- yogurt topped with diced peaches or berries
- whole grain bread spread with sun butter
- graham crackers with yogurt
- vegetables and dip
- yogurt parfait
- banana and whole grain cereal
- apple and low-fat milk
- fruit slices with low fat cheese cubes
- whole grain crackers and low-fat cheese cubes
- sunflower seeds and carrots