

HEALTHY SMART SNACKS

SNACKS

Rice crispy (whole grain)
Cereal bars (whole grain)
Baked chips (whole grain)
Whole grain crackers
Cheez-It Cheese Crackers
Fresh vegetables
Frozen Fruit or fruit cups (in water, 100% fruit juice or light syrup)
Pop-Tarts (whole grain)
Low-fat cheese (serve with fruit or whole grain crackers)
Apple Sauce (No sugar added)
Fresh fruit- trays, salads
Hummus (serve with vegetables or whole grain crackers)
Whole grain pretzels
Low-fat or air-popped popcorn (no added butter or salt)
Low fat pudding



BEVERAGE

Water
100% fruit juice with no added sugar
Fat-free or low-fat milk
Fruit smoothies (made with frozen fruit no added sugar and fat-free or low fat yogurt)
100% fruit juice slushes with no added sugar
Fruit-infused water

