



Healthy Snack Ideas

FRUIT (Frozen or Fresh)
Apples
Oranges
Bananas
Berries (strawberries, blackberries, raspberries, blueberries)
Peaches
Raisins
Pineapple
Melons (watermelon cantaloupe, honeydew)
Exotic fruits (star fruit, mango, papaya, kiwi)
Pomegranate
Coconut
Naturally sweetened applesauce
Pears
Dried Fruit

VEGETABLES
Cucumbers
Soybeans
Carrots
Peas
Zucchini/Squash
Peppers (green, red, yellow)
Celery
Tomatoes
Broccoli
Green Beans
Jicama
Spinach
Lettuce
Potatoes / Sweet Potatoes
Avocados
Cauliflower
Artichokes

DAIRY
Milk -1%
Plain yogurt
Cheese (mozzarella, muenster, cheddar, string cheese, cheese cubes, cheese wheels, or any other variety of cheese)
Cottage cheese
Cream cheese
Yogurt tubes (frozen is fun!)

LEAN MEAT and PROTEIN
Turkey or chicken slices
Ham
Tuna
Eggs - hard boiled
Seeds (shelled sunflower seeds, pumpkin seeds, etc.)
Peanut Butter (allergies permitting)

GRAINS

Crackers (whole grain)
Bread
English muffins
Mini bagels
Tortillas
Cereal (whole grain)
Graham Crackers
Rice cakes
Pretzels (whole grain)
Tortilla Chips
Popcorn
Mini Muffins (fruit only-blueberry, banana, etc., no chocolate or chocolate chips)

JUICE

100% juice (apple, white grape, orange, etc.) Limit 100% juice to no more than one 4 oz. serving per day.

EXTRAS/CONDIMENTS

Salsa
Dips (plain yogurt, cream cheese, guacamole, cheese sauce, hummus, ranch dressing)
100% fruit spread- no sugar added
Mustard

LEGUMES

Beans - (kidney, black, garbanzo, pinto, white bean, vegetarian refried beans, etc.)
Hummus

FROZEN TREATS

Must be 100% juice or fruit