

HEALTHY SNACK SUGGESTIONS

BREADS/GRAINS

Low-fat popcorn
Graham crackers
Animal crackers
Bagel slices with peanut butter or low-fat cream cheese
Banana, pumpkin, zucchini or raisin bread
Muffins-Banana, Blueberry and apple
Whole wheat English muffin
Rice cakes
Dry cereal-Avoid presweetened cereals
Granola bars
Crackers/cracker sandwiches
Chex Mix

VEGETABLES

Carrots with low-fat dip
Hummus
Celery topped with peanut butter or low-fat cream cheese
All vegetables

Fruits

Fresh whole fruit
Frozen grapes
Raisins
Dried fruit
Applesauce
Trail mix

Diary

String cheese
Cheese-slice or cubes
Low-fat yogurt-squeezable, smoothies and parfaits
Pudding
Cottage cheese