

Nutritious Snacks

Beverages



- ♥ Water
- ♥ Seltzer for a zing!
- ♥ Low-fat or skim milk (white or flavored)
- ♥ Low-fat yogurt smoothie

Dairy

- ♥ Low-fat yogurt
- ♥ String cheese
- ♥ Low-fat or skim milk (white or flavored)



Whole grains

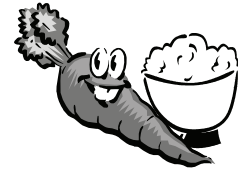
(look for "whole" on the label!)

- ♥ Granola bars (avoid candy-type bars such as those with chocolate, caramel, etc.)
- ♥ Pretzels
- ♥ Graham or animal crackers
- ♥ Cereal
- ♥ Popcorn
- ♥ Rice cakes with peanut butter



Fruits/Veggies

- ♥ Apple slices
- ♥ Bananas
- ♥ Box of raisins
- ♥ Carrots or cucumbers with dip
- ♥ Celery sticks with peanut butter and raisins
- ♥ Melon balls
- ♥ Apple sauce
- ♥ Strawberries, blueberries
- ♥ Orange sections
- ♥ Sliced colored peppers
- ♥ Frozen grapes or pineapple chunks



Tips to make it easy:

- ➔ Buy pre-packaged, snack-size portions.
- ➔ Canned or frozen fruits and vegetables are a healthy, low-cost alternative that need little or no preparation.
- ➔ Shop for fruits and vegetables that are in season.

