



Choosing Healthy Snacks

Fruit Group

- ❖ apple wedges
- ❖ banana or pineapple chunks
- ❖ berries
- ❖ dried fruits (apricots, raisins)
- ❖ fruit juice or frozen fruit juice bar
- ❖ fruit salad
- ❖ grapes or cherries
- ❖ mango or melon wedges
- ❖ nectarine or peach slices
- ❖ orange or grapefruit sections
- ❖ dates, figs or prunes

Vegetable Group

- ❖ broccoli or cauliflower pieces
- ❖ carrot or celery sticks
- ❖ green pepper rings or strips
- ❖ vegetable soup
- ❖ zucchini slices
- ❖ salads, tossed or congealed
- ❖ cucumber slices or tomato wedges
- ❖ sweet potato or turnip strips
- ❖ salsa

Bread, Cereal, Rice, & Pasta Group

- ❖ bread sticks or rolls
- ❖ cereal, hot or cold
- ❖ cornbread
- ❖ crackers
- ❖ muffin
- ❖ graham crackers
- ❖ pita bread wedges
- ❖ plain popcorn
- ❖ rice cakes
- ❖ whole grain bread or toast
- ❖ tortilla
- ❖ cookies, such as oatmeal cookies

Milk, Yogurt, Cheese Group

- ❖ low-fat milk - hot or cold, flavored or plain
- ❖ low-fat cheese
- ❖ low-fat yogurt
- ❖ pudding or custard made with low-fat or skim milk
- ❖ frozen yogurt, ice milk or ice pops

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

- ❖ meat slices or wedges
- ❖ hard-cooked eggs
- ❖ nuts, sunflower or pumpkin seeds
- ❖ tuna, chicken or ham salad
- ❖ bean dip or soup
- ❖ peanut butter

Snack ideas for under 100 calories each

- ❖ 1 cup melon balls (or other fruit) topped with 1/4 cup low-fat vanilla yogurt
- ❖ 4 cups air-popped popcorn
- ❖ 1 graham cracker and 1/2 cup skim milk
- ❖ 10 carrot sticks and 1 tablespoon low-fat ranch dressing
- ❖ 1 cup of tomato soup

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