

# HEALTHY SNACKS

- **Milk**

- 8 oz skim milk

- **Cheese**

- String Cheese  
Mozzarella

- **Yogurt**

- Greek Yogurt

- **Cereals**

- Oatmeal, cooked
- Granola
- Crunchy Corn Bran
- Heart to Heart Oat Cereal
- Puffins Original
- Puffins Cinnamon
- Cheerios
- Honey Nut Cheerios

- **FRUIT**

- Apple
- Orange
- Banana
- Grapefruit

- **Cereal & Milk & Fruit**

- A whole-grain cereal paired with low-fat milk and fresh fruit provides carbohydrate and protein, along with vitamins and minerals. Choose a cereal that has the “whole grain” seal, and has at least 3 grams of fiber per serving. Top with fresh fruit.

- **Greek Yogurt with Fruit**

- Nonfat or low-fat Greek yogurt is thicker than other yogurt and contains more protein per serving (up to 23 grams of protein per cup) but slightly less calcium than regular yogurt. Top with fresh fruit.

- **Fresh fruit paired with low-fat cheese**

- Apple or pear slices with a couple of ounces of reduced-fat cheese, like Cabot Vermont 50% reduced fat jalapeno cheese or Laughing Cow Mini Babybel Light provides protein, calcium and the natural sugars and fiber of fresh fruit

## Grains

dry cereal, whole grain crackers, mini rice cakes, sliced bread, mini bagels, graham crackers, whole wheat tortillas

## Vegetables

veggie "matchsticks" (thin sticks) made from fresh carrots\* or zucchini,\* bell pepper rings, cherry tomatoes\*, steamed broccoli, green beans, sugar peas, avocados

## Fruits

apple slices\*, tangerine sections, strawberry halves, bananas, pineapple, kiwi, peach, mango, nectarine, melon, grapes\*, berries, dried apricots\*

## Dairy

low-fat cheese slices or string cheese, mini yogurt cups, fat-free or low-fat milk, low-fat cottage cheese

## Protein Foods

egg slices or wedges, peanut butter\*, bean dip, hummus, slices of lean turkey\* or chicken\*, shelled pumpkin seeds



- **Healthy ice pops**

- Freeze fresh, unsweetened 100% juice in ice pop molds or ice cube trays.

- **Happy trails mix**

- Combine 1 cup whole-grain toasted oat cereal with 1/4 cup chopped walnuts and 1/4 cup dried cranberries for a healthy trail mix.

- **Low-fat pita and hummus**

- Warm a pita in the oven on low, then cut it into small triangles. Dip it in a tasty, low-fat hummus. Hummus is available in yummy flavors like garlic and spicy red pepper.

- **Ants on a log**

- Spread peanut butter on celery sticks and top with raisins.

- **Banana ice**

- Peel several very ripe bananas, break them into 1-inch pieces, and freeze the pieces in a sealed plastic bag. Just before serving, whirl the pieces in the blender with a small amount of water or juice. Serve right away. Add berries for a different flavor or top with fruit or nuts.

