

## Suggested Healthy Snacks

- ◆ Breakfast bars
- ◆ Mini rice cakes
- ◆ Non-sugar coated cereal
- ◆ Mini bagels
- ◆ Bagels with cream cheese
- ◆ Pretzels
- ◆ Whole grain bread sticks
- ◆ Mini muffins
- ◆ Unbuttered popcorn
- ◆ Granola mix and bars
- ◆ Low fat quick breads  
(pumpkin/zucchini/banana/bran)
- ◆ Blueberry muffins
- ◆ Graham crackers / Teddy Grahams
- ◆ Fig Newtons
- ◆ Snack crackers (Gold Fish/ Cheez-its)
- ◆ Fresh fruit or dried fruit (grapes /  
raisins / bananas / apples /  
strawberries / pears)
- ◆ Individual fruit cups
- ◆ Individual applesauce
- ◆ Apple slices with peanut butter
- ◆ Mini carrots
- ◆ Cut up raw vegetables
- ◆ Whole wheat tortillas
- ◆ Beef jerky
- ◆ Sunflower or pumpkin seeds
- ◆ Trail mix
- ◆ Peanut butter and celery or crackers
- ◆ Hummus and pita bread
- ◆ Mixed nuts
- ◆ Chunk cheese
- ◆ String cheese
- ◆ Cheese sticks / slices
- ◆ Low fat yogurt
- ◆ Gogurt
- ◆ Sugar free Jello
- ◆ Chex mix
- ◆ Animal crackers

