



Snacks

GRAINS

- Cereal—choose cereals with 2 or more grams of fiber, fewer than 12 grams sugar, and less than 3 grams of fat
- Crackers—oyster, saltines, rye crisps, low fat Wheat Thins, Triscuits

FRUITS

- Fresh or canned fruit in water or 100% juice
- Dried fruit with 50% less sugar—cranberries, bananas, raisins
- Frozen strawberry, orange or apple juice bars
- Juice (100%)—apple, orange, pineapple, pear
- Fresh (or frozen) fruit smoothie



PROTEIN

- Sliced turkey or chicken breast
- Water packed tuna
- Nut butter (peanut, almond, walnut, etc.)
- Beans and legumes, hummus
- Mixed nuts (pistachios, pecans, etc.)
- Seeds (chia seeds, flax seeds, etc.)
- Hard-boiled egg



- Whole grain bagel, English muffins, pita bread
- Popcorn with no butter, light butter or spray butter
- Baked tortilla chips
- Granola or granola bar



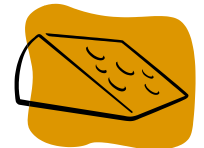
VEGETABLES

- Raw vegetables
- Sticks—celery, carrot, bell pepper
- Slices—tomato, cucumber, zucchini
- Pieces—broccoli, cauliflower
- Steamed vegetables
- Vegetable juice—V-8, tomato



DAIRY

- Skim, 1%, or low-fat chocolate milk
- Plain, non-fat, low-fat or Greek yogurt
- Low-fat cheese cubes or slices
- Low-fat or non-fat cottage cheese
- String cheese
- Frozen yogurt
- Dairy alternatives: soy, almond, coconut, and rice milks, ice creams, and yogurts



Power Snack Combos

Aim to have a grain, fruit or vegetable for energy, with a protein or dairy source for added nutrients and satiety.

- Nut butter with apple slices or one slice wheat bread
- Tuna or cheese slices with crackers
- Peanut butter and banana sandwich on one slice of whole wheat bread
- Cottage cheese mixed with pineapple chunks and sprinkled with cinnamon
- Smoothie with vanilla yogurt and frozen berries
- Peanut butter and banana smoothie with vanilla yogurt
- Greek yogurt mixed with fresh berries, walnuts or granola
- Hummus with whole wheat pita bread or vegetables (i.e. carrots, celery)
- Pinto beans mixed with salsa, and slightly heated in microwave to use as a dip for baked tortilla chips or whole wheat pita chips
- Open-faced turkey sandwich with one slice of whole wheat bread, thin layer of hummus, lettuce, tomato, and deli turkey
- Banana sliced lengthwise topped with vanilla yogurt and nuts
- Mixed vegetables (i.e. bell peppers, carrots, broccoli, cucumber) dipped in plain Greek yogurt mixed with ranch seasoning
- Whole grain toaster waffle topped with vanilla yogurt and blueberries