

Healthy Snack Ideas



Fruits:	Veggies:	Grains:	Dairy:	Protein:
<ul style="list-style-type: none"> ● Berries- strawberries, blueberries, raspberries, blackberries, cherries, etc ● Banana ● Fruit Cup ● Apple Sauce ● Oranges (Cuties or sliced) ● Pears ● Apples ● Grapes (cut in half) ● Mango ● Melon ● Plum ● Kiwi (cut in half) ● Raisins ● Pineapples ● Fruit smoothie ● Fruit leather or dried fruit ● 100% fruit juice 	<ul style="list-style-type: none"> ● Cucumber slices ● Pickles (mini or spears) ● Zucchini slices ● Bell Peppers (small or cut up) ● Tomatoes (grape or cherry) ● Carrots ● Celery ● Broccoli ● Veggie Chips ● Olives ● Guacamole /Avocado ● Sugar Snap peas ● Vegetable juice 	<ul style="list-style-type: none"> ● Crackers- Ritz, goldfish, club, wheat thins, cheez-its, triscuits, graham, multigrain, saltines etc. ● Pretzels ● Pita bread/ chips ● Bagel ● Dry cereal ● Granola bar- Z bars, Nutri Grain bars, breakfast bars, Kind bars, etc. ● Whole grain chips ● Tortilla wrap with spread ● Hawaiian rolls 	<ul style="list-style-type: none"> ● Yogurt/ Go-Gurt ● String cheese/ sliced cheese ● Cottage cheese ● Cream cheese ● Ranch dip ● Milk/ chocolate milk 	<ul style="list-style-type: none"> ● Hummus ● Peanut butter/ Almond butter/ Nut butter ● Nuts- Almonds, peanuts, pecans, nut mix ● Trail mix ● Sliced Lunch Meat ● Salami ● Hard boiled eggs ● Chickpeas ● Quinoa