

Healthy Snack Choices

Choose snacks less than 200 calories

Dairy

- Cottage Cheese (Low-fat) with fruit
- Pudding cups (Fat free)
- String Cheese (Light or reduced fat cheese)
- Yogurt or yogurt tubes (Light or low-fat, reduced sugar) pair with fruit or cereal



Fruit

- Applesauce (Unsweetened or natural)
- Craisins
- Fresh Fruit (Apples, bananas, oranges, grapes, strawberries, etc)
- Fruit Cups (Packaged in own juices)
- Juice (Make sure it is 100% juice and not from concentrate)
- Jello (Sugar-free)
- Raisins



Grains

- Animal Crackers (Not cookies)
- Cereal (Low in sugar and made with whole wheat/grains)
- Chips (Baked)
- Crackers (Preferably whole wheat or whole grain)
- Graham Crackers
- Granola Bars (Look for reduced sugar, made with whole wheat/grains)
- Microwave Popcorn (Light butter)
- Pretzels
- Rice cakes (Brown rice and multigrain)
- Snack/Trail Mixes or 100 Calorie snack packs (Whole grain and reduced fat)



Protein

- Hummus-with pretzels or vegetables
- Turkey breast slices paired with crackers



Vegetables

- Raw vegetables (Carrots, broccoli, celery, baby tomatoes, cucumbers, peppers)
pair with 1-2 Tbsp of reduced-fat ranch or Italian dressing



Healthy Party Ideas

- Air popped popcorn with toppings (parm cheese/Italian seasoning/cinnamon)
- Baked chips and salsa
- Fruit/Cheese kabobs
- Fruit pizza
- Make your own trail mix
- Pudding or fruit cups (Decorate based on party theme)
- Turkey & cheese tortilla roll-ups
- Veggies and low fat dip
- Yogurt Parfaits or Smoothies
- Yogurt fruit dip