

+ Build a Healthy Snack*



Produce or whole grain*

- Fresh fruit: Apple, orange, banana
- Fruit cup, dried fruit or applesauce, fruit from frozen (no sugar added)
- Carrots, cucumbers, broccoli, peppers, celery
- Popcorn, sun chips, wheat thins, cereal

Protein, dairy, healthy fat*

- Yogurt, cheese, yogurt ranch/dip, Sugar free pudding
- Nuts/seeds, PB, nut-based granola bar
- Hummus, avocado, egg

* **Use Best Bites handout**