

HEALTHY SNACKS

Create a healthy snack with more than one food group.
Select a food from at least 2 different columns.



Fruit	Vegetable	Dairy	Grains	Meats/Protein
Apples	Carrots	Light yogurt	Whole grain or	Lean luncheon meats
Berries	Celery	Low-fat milk (plain or flavored)	White-wheat bread	(turkey, ham, roast beef)
Banana	Cauliflower	String cheese	Tortilla	Canned tuna (in water)
Grapes	Broccoli	Cheese (slices, cubed, shredded)	Baked tortilla chips	Refried beans
Nectarines	Cucumbers	Cottage cheese	Crackers	Peanut butter (2 tbsp)
Melon	Asparagus	Ricotta cheese	Pretzels	Hard-boiled egg
Mango	Tomatoes	Low-fat cream cheese	Dry cereal	Nuts (1/4 cup)
Pineapple	Bell peppers		Low-fat popcorn	Low-fat bean dip
Peaches	Jicama		Oatmeal	Hummus
Pears	Radishes		Instant Grits	Low-fat hot dog
Canned fruit (in own juice)	Salsa			Veggie dog or burger
Applesauce	Lettuce			
Dried fruits (1/4 cup)	Snow Peas			
	Olives			
	Zucchini			