



## Healthy Snack Ideas

- Chopped raw vegetables and dip
- Chunks of avocado, cucumber, or cooked sweet potato
- Breadsticks or pita chips with hummus
- Pretzels or light popcorn
- Tortilla chips with bean dip
- Cheerios, granola, or other cereal in a bag
- Toasted whole grain breads or crackers with fruit spread or nut butters
- Graham crackers or gingersnaps dipped in applesauce
- Mini rice cakes with peanut butter
- Apple slices with peanut butter
- Fresh fruits
- Frozen bananas
- Applesauce or other fruit cups
- Nuts, especially mixed with dried fruit
- Yogurt
- Sugar Free Pudding or Jello
- Homemade muffins or cornbread
- Fresh soybeans (edamame)
- PBJ Crackers. Spread peanut butter and any flavor of jelly on a reduced-salt cracker.
- Fruit bars- Fig Newtons
- String Cheese
- Hard boiled eggs
- Frozen grapes

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