



# Healthy Snacks!

Place an "X" next to the snacks that sound good to you!

## Crunchy:

- |   |  |
|---|--|
| <input type="checkbox"/> Teddy Grahams              | <input type="checkbox"/> Graham Crackers                   |
| <input type="checkbox"/> Popcorn                    | <input type="checkbox"/> Tortilla Chips and Salsa          |
| <input type="checkbox"/> Trail Mix                  | <input type="checkbox"/> Rice Cakes                        |
| <input type="checkbox"/> Nuts                       | <input type="checkbox"/> Bean Dip with Crackers or Chips   |
| <input type="checkbox"/> Pretzels                   | <input type="checkbox"/> Whole Grain Crackers with Hummus  |
| <input type="checkbox"/> Animal Crackers            | <input type="checkbox"/> Cereal or Granola Bar             |
| <input type="checkbox"/> Tuna and Crackers          | <input type="checkbox"/> Ricotta cheese on Crisp Bread     |
| <input type="checkbox"/> Crackers and Cheese        | <input type="checkbox"/> Deli-meat wrapped around a Pickle |
| <input type="checkbox"/> Soy Nuts                   | <input type="checkbox"/> Raw Vegetables with Hummus        |
| <input type="checkbox"/> Seeds (Sunflower, pumpkin) | <input type="checkbox"/> Celery and Peanut Butter          |
| <input type="checkbox"/> Baked Chips                | <input type="checkbox"/> Apples and Cheese                 |
| <input type="checkbox"/> Sun Chips                  | <input type="checkbox"/> Light Ranch dressing with veggies |

## Warm:

- |  |  |
|--|--|
| <input type="checkbox"/> Sugar-free Hot Chocolate                                    | <input type="checkbox"/> Whole Grain Toast with Peanut Butter  |
| <input type="checkbox"/> Applesauce  | <input type="checkbox"/> 1/2 English Muffin with Melted Cheese |
| <input type="checkbox"/> Small Blueberry Muffin                                      | <input type="checkbox"/> Oatmeal (add cinnamon, raisins, etc.) |
| <input type="checkbox"/> Small Burrito or Taco                                       | <input type="checkbox"/> Cornbread with 100% Fruit Jam         |
| <input type="checkbox"/> Bran Muffin   | <input type="checkbox"/> Banana, Zucchini or Pumpkin Bread     |
| <input type="checkbox"/> Cup of Soup   | <input type="checkbox"/> Cup of Chili                          |
| <input type="checkbox"/> Small Baked Potato (with Lowfat Sour Cream or Greek Yogurt) |  |

## Chewy:

- |  |  |
|--|--|
| <input type="checkbox"/> String Cheese | <input type="checkbox"/> 1/2 Bagel with Light Cream Cheese |
| <input type="checkbox"/> Raisins       | <input type="checkbox"/> Small Salad (with Light Dressing) |
| <input type="checkbox"/> Fruit rollup  | <input type="checkbox"/> 1/2 Sandwich (Chicken, Tuna, Egg) |
| <input type="checkbox"/> Banana        | <input type="checkbox"/> Breadsticks (with Marinara Sauce) |

# More Healthy Snacks!

## Cold:

- |                                      |  |
|--------------------------------------|--|
| _____ Glass of Milk                  | _____ Hard-boiled Egg                      |
| _____ Frozen Grapes                  | _____ Vegetable Juice (V-8)                |
| _____ Greek or Lowfat Yogurt         | _____ 100% Fruit Juice                     |
| _____ Fruit/Yogurt/Ice Smoothie      | _____ Vanilla Soy Milk                     |
| _____ Fat-free Chocolate Milk        | _____ Cottage Cheese and Fruit             |
| _____ 3-Bean Salad                   | _____ Fruit Salad                          |
| _____ Sugar-free Fudgesicle          | _____ Fruit Kabob                          |
| _____ Sorbet                         | _____ Popsicle, made with 100% juice       |
| _____ Light Ice Cream (1/2 cup only) | _____ Sugar-free Jell-O, with fruit inside |
| _____ Nonfat Frozen Yogurt           | _____ Low fat Pudding                      |
| _____ Berries with Light Cool Whip   | _____ Salad (with Light Dressing)          |
| _____ Frozen Banana                  |  |

## Other ideas and combinations:

---

---

---



## Shopping list to suggest:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____