Choosing Healthy Snacks

**Fruit Group**
- apple wedges
- banana or pineapple chunks
- berries
- dried fruits (apricots, raisins)
- fruit juice or frozen fruit juice bar
- fruit salad
- grapes or cherries
- mango or melon wedges
- nectarine or peach slices
- orange or grapefruit sections
- dates, figs or prunes

**Vegetable Group**
- broccoli or cauliflower pieces
- carrot or celery sticks
- green pepper rings or strips
- vegetable soup
- zucchini slices
- salads, tossed or congealed
- cucumber slices or tomato wedges
- sweet potato or turnip strips
- salsa

**Bread, Cereal, Rice, & Pasta Group**
- bread sticks or rolls
- cereal, hot or cold
- cornbread
- crackers
- muffin
- graham crackers
- pita bread wedges
- plain popcorn
- rice cakes
- whole grain bread or toast
- tortilla
- cookies, such as oatmeal cookies
Milk, Yogurt, Cheese Group

- low-fat milk - hot or cold, flavored or plain
- low-fat cheese
- low-fat yogurt
- pudding or custard made with low-fat or skim milk
- frozen yogurt, ice milk or ice pops

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group

- meat slices or wedges
- hard-cooked eggs
- nuts, sunflower or pumpkin seeds
- tuna, chicken or ham salad
- bean dip or soup
- peanut butter

Snack ideas for under 100 calories each

- 1 cup melon balls (or other fruit) topped with 1/4 cup low-fat vanilla yogurt
- 4 cups air-popped popcorn
- 1 graham cracker and 1/2 cup skim milk
- 10 carrot sticks and 1 tablespoon low-fat ranch dressing
- 1 cup of tomato soup