



## HEALTHFUL SNACKS

- Apricots • Bananas • Broccoli • Carrot sticks or Baby Carrots
- Cauliflower • Celery Sticks • Cucumber • Peppers • Snap Peas
- Snow Peas • String Beans • Tomato slices or grape or cherry tomatoes
- Yellow Summer Squash slices • Zucchini slices • Blackberries
- Blueberries • Cantaloupe • Cherries • Mandarin Oranges • Mangoes
- Nectarines • Oranges • Peaches • Pears • Pineapple • Plums
- Raspberries • Strawberries • Tangerines • Watermelon • Broccoli
- Carrot sticks or Baby Carrots • Cauliflower • Celery Sticks
- Cucumber • Peppers (green, red, or yellow) • Snap Peas • Snow Peas
- String Beans • Tomato slices or grape or cherry tomatoes • Yellow Summer Squash slices • Zucchini slices

Look for whole grain granola bars that are low in fat and sugars, like Barbara's Granola Bars (cinnamon raisin, oats and honey, and carob chip flavors), Nature Valley Crunchy Granola Bars (cinnamon, oats 'n honey, maple brown sugar, and peanut butter flavors), Nature Valley Chewy Trail Mix Bars (fruit and nut flavor), and Quaker Chewy Granola Bar (peanut butter and chocolate chunk flavor).

Whole-grain crackers like Triscuits, which come in different flavors or thin crisps (or similar woven wheat crackers), Kalvi Rye crackers, or whole wheat Matzos can be served alone or with toppings, like low-fat cheese, peanut butter, or low-fat, reduced-sodium luncheon meat.

Look for low-fat popcorn in a bag or microwave popcorn. Or you can air pop the popcorn and season it, *e.g.*, by spraying it with vegetable oil spray and adding parmesan cheese, garlic powder, or other non-salt spices.

