

Healthy Snack List

Fruit

apples – slices
bananas
Blueberries
cantaloupe
cubes cherries
clementines
grapes- quartered
kiwis - sliced
orange wedges
pomegranate seeds
strawberries
raspberries
watermelon cubes

Veggies

baby carrots
cucumber slices/sticks
grape tomatoes
bell peppers – sliced
sugar snap peas
edamame
guacamole
hummus
baba ganoush
white bean dip
salsa

Grains

whole grain crackers
tortillas
corn chips
plain popcorn
nut-free cereal bars
pretzels
snap-pea crisps
granola bars
rice cakes
crisp flat bread

Power Combos

yogurt with fruit
tortilla roll-ups (fill with cheese & turkey)
cucumber with sunbutter
salsa & corn chips
grain bread with sliced avocado