



HEALTHY FOOD SUGGESTIONS

FOR SNACKS, TREATS, AND PARTIES

- ❖ Beverages
 - Milk
 - 100% juice
 - Fruit spritzers (juice and seltzer water)
 - Water
- ❖ Smoothies (frozen fruit, skim milk and bananas etc.)
- ❖ Cheese sandwich
- ❖ Ham, cheese or turkey sub sandwich (low fat condiments)
- ❖ Meat jerky
- ❖ Cheese cubes/sticks/slices
- ❖ Vegetable trays
- ❖ Vegetable dip (cottage cheese, plain yogurt, humus)
- ❖ Pretzels
- ❖ Low-fat popcorn
- ❖ Whole grain rice cakes
- ❖ Fresh fruit
- ❖ Fruit and cheese kabobs
- ❖ Fruit with whipped topping or peanut butter
- ❖ Fruit dip (vanilla yogurt, honey, cinnamon and nutmeg)
- ❖ 100% fruit snacks/fruit leathers
- ❖ Dried fruits
- ❖ Graham crackers
- ❖ Vanilla wafers
- ❖ Fig Newtons
- ❖ Animal crackers
- ❖ Whole grain or whole grain crackers – gold fish etc.
- ❖ Angel food cake, plain or topped with fruit
- ❖ Cupcakes made with fruit or nuts
- ❖ Cheese pizza, veggie pizza, or pizza with lean meat
- ❖ Pizza dippers (Pizza toppings and bread on a skewer with marinara dip)
- ❖ Hard/soft boiled eggs
- ❖ Salsa with baked tortilla chips
- ❖ Pudding
- ❖ Jell-O
- ❖ Yogurt
- ❖ Popsicles – 100% real fruit – no sugar added
- ❖ Quesadillas with salsa
- ❖ Chicken, beef, or vegetable fajitas
- ❖ Whole wheat pita bread with humus
- ❖ Low-fat breakfast or granola bars
- ❖ Cheerios or toasted oat cereal
- ❖ Trail/cereal mixes
- ❖ Nuts
- ❖ Low-fat ice cream, frozen yogurts or sherbets
- ❖ Fruit pies made with a graham cracker crust, low –fat cream cheese and sliced fresh or canned fruit on top