

Healthy Alternatives for Snacks and Treats

- Fresh fruit wedges – cantaloupe, honey dew, watermelon, pineapple, oranges, etc.
- Sliced fruit – nectarines, peaches, kiwi, star fruit, plums, mangos, apples, etc.
- Raw vegetable sticks/slices with low-fat dressing or yogurt dip
- Cereal and low-fat milk
- Fruit leathers (all fruit no sugar added)
- Applesauce cups
- Frozen fruit juice pops with fruit juice or fruit as the first ingredient
- Trail mix (dried fruit and nuts)
- Peanut butter with apple wedges or celery sticks
- Fruit smoothies made with fat-free or low-fat milk
- Dry roasted peanuts, tree nuts and soy nuts (not coconut or palm nuts)
- Lean meats and reduced fat cheese sandwiches (use light or reduced fat mayonnaise in chicken/tuna salads)
- Party Mix of variety of cereals, nuts, pretzels, etc
- Baked chips with salsa and low-fat dips
- Pretzels or reduced fat crackers
- Low-fat muffins, granola bars, and cookies (graham crackers, fig bars)
- Mini bagels with whipped light or fat-free cream cheese
- Bread sticks with marinara
- Fat-free or low-fat flavored yogurt and fruit parfaits
- Fat-free or low-fat milk and milk products (string cheese, single-serving cottage cheese, cheese cubes)
- Low fat frozen yogurt, ice cream, sherbets
- Fat-free or low-fat pudding or Jello cups
- Popcorn (low-fat)
- Rice/popcorn cake topped peanut butter
- Low-fat and skim milk and soy milk fortified products
- Pure ice cold water
- 100% fruit or vegetable juice