

Healthy Snack Ideas

Fresh fruit

Canned fruit in its own natural juices

Fresh vegetables such as baby carrots, tomatoes, peppers

Dried fruit such as raisins or apricots

Vegetable, tomato or 100% fruit juice



Nonfat or low fat yogurt

Low fat pudding

Low fat frozen yogurt

Low fat cheese

Skim or low fat milk



Air popped popcorn

Popcorn or rice cakes

Baked tortilla chips with salsa

Breadsticks

Mini bagel or 1/2 regular bagel

Graham crackers

Gingersnaps

Fig bars



Pretzels

Baked potato chips

Low fat crackers

Unsweetened cereal with or without skim milk

Low fat granola bars

Pita bread

