



Snack

from all 5 food groups

Fruit*

Cut apples, bananas, peaches, grapes, orange slices, strawberries, pears, plums, apricots, nectarines, clementines, melon, raspberries, pineapple.

Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

Frozen and canned fruits and veggies are also good options. Try 100% frozen fruit bars, frozen strawberries or broccoli, canned/jarred fruit that is in juice (not syrup) and canned vegetables in low sodium broth

Vegetable*

Carrots, broccoli, cauliflower, peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber, zucchini, sweet potatoes.

Calcium

Cheese (grated or cubed), yogurt, cottage cheese, salmon, almonds, greens, tofu, soy milk.

Smoothies

Blend yogurt, fruit, milk and 100% juice together.

Protein

Lean protein, such as chicken, turkey, tuna, soy, beans, egg, peanut butter, hummus and nuts.*

Whole Grain

Tortilla, bagel, bun, crackers, bread or English muffin, and unsweetened cereal.



*Snacks shouldn't interfere with meals;
keep portions small*

* Use caution when feeding these foods to young children due to a possible choking problem.