

## Healthy Snack and Beverage Ideas

Please keep in mind that all snacks must be pre-packaged and not prepared at home.

- Water
- 100% fruit juice with no added sugar
- Fat-free or low fat milk
- Fruit smoothies (made with frozen fruit with no added sugar and fat-free or low fat yogurt)
- 100% fruit juice slushes with no added sugar
- Fresh fruit
- Fresh vegetables (pre-packaged)
- Fat-free or low fat yogurt (alone or as dip for fruits or vegetables)
- Yogurt parfaits (fat-free or low fat yogurt, fruit and whole grain cereal or granola as topping)
- Applesauce or canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Frozen fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Dried fruit with no added sugar
- Nut or seed butter (serve with fruit or whole grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar
- Whole grain crackers
- Low-fat cheese or cheese sticks (serve with fruit or whole grain crackers)
- Hummus (serve with vegetables or whole grain crackers)
- Whole grain pretzels (soft or crunchy)
- Low-fat or air-popped popcorn (no added butter or salt)
- Graham crackers with jam or apple butter
- Nut or seed butter and jelly sandwiches on whole grain bread (pre-packaged)
- Small whole grain bagels or English muffins with nut or seed butter or jelly
- Roll-ups or wraps on whole grain tortillas (fill with a lean protein such as ham or turkey, low fat cheese, hummus, nut or seed butter and jelly or vegetables) pre-packaged
- Fat-free or low fat pudding
- Bean quesadillas or burritos made with whole grain tortillas with salsa (pre-packaged)
- Whole grain cereal bars
- Baked whole grain tortilla chips with salsa or bean dip
- Baked chips (small portions)

### Smart Snack Guidelines:

**200 calories or less**  
**Sodium 200 mg or less**  
**Total Fat 35% of calories or less**  
**Saturated Fat Less than 10% of calories**  
**Trans Fat 0 g**  
**Sugar 35% by weight or less**