



# 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.

## Milk

Low-fat (1%) or fat-free (skim) milk, cheese (grated or cubed), yogurt, cottage cheese, pudding.

### Smoothies

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

## Protein

Lean protein, such as chicken, turkey, tuna or egg salad, bean dip, hard-boiled 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.

