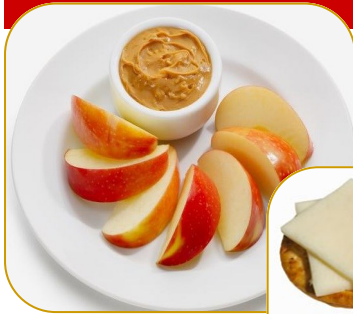


Snacks



Ideas for nutritious snacks

- Fresh fruit, dried fruit, fruit cups, apple sauce
- Raw veggies with bean dips like hummus
- Low fat popcorn with cinnamon sugar instead of salt
- Nuts, trail mix, granola - a handful or two only!
- Baked chips or make your own toasted pita chips
- Whole grain cereals, dry or with skimmed, 1% or soy milk
- Whole grain crackers with low fat cheese or nut butter - but remember portions - this is a snack NOT a meal
- Low fat yogurt (with chopped nuts or granola if desired)
- Smoothies or shakes - 8-ounce cup only