

healthy snacks

bread and grains

- animal crackers
- rye crackers
- pretzels
- rice cakes
- popcorn (with 3 grams of fat or less per 100 calories or 2 grams of fat per 60 calories)
- 1/2 bagel
- small low-fat bran muffin
- whole wheat pita bread
- soft pretzels
- corn or flour tortillas
- whole-grain english muffins, breads, rolls
- bread sticks

quick snacks

- vegetables with low-fat dip
- fresh fruit with peanut butter
- trail mix of dried fruit, nuts, seeds, and cereal
- low-fat yogurt with fruit (dried or fresh)
- salads with non-fat or low-fat dressing
- hummus and whole wheat pita bread
- black bean and corn salsa with baked tortilla chips
- fruit smoothies

drinks

- water
- sparkling water
- non-fat or low-fat milk
- herbal teas
- choose 100% fruit juice

meat & dairy

- chicken and turkey breast
- lean ham and roast beef
- water-packed tuna and salmon
- low-fat string cheese
- non-fat or low-fat yogurt
- low-fat cottage cheese
- part-skim cheese

treats

- frozen yogurt
- cocoa made with low-fat milk
- sorbet
- frozen fudge bars
- juice bars