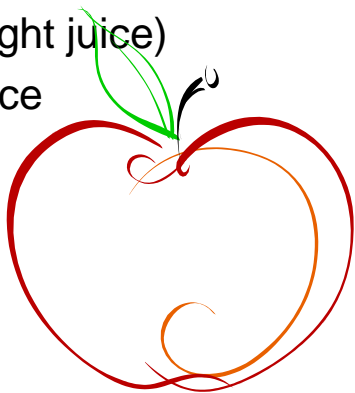


Snack Healthy!

Fruit

- ✗ Apple or banana with PB
- ✗ Fruit cup (in light juice)
- ✗ Box of fruit juice
- ✗ Dried fruit
- ✗ Smoothie
- ✗ Applesauce



Dairy

- ✗ Low-fat pudding
- ✗ Low-fat yogurt
- ✗ Milk or Chocolate Milk
- ✗ String Cheese
- ✗ Cottage Cheese



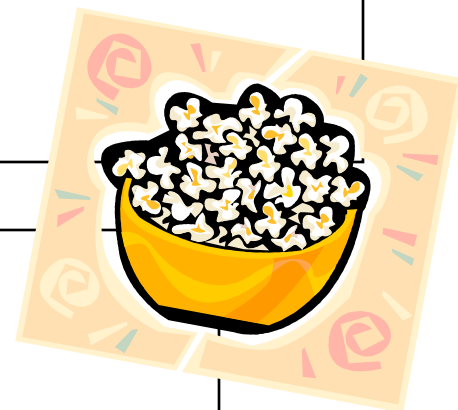
Vegetable

- ✗ Baked potato
- ✗ Raw vegetables with low-fat dip
- ✗ Celery or carrots with PB and raisins
- ✗ Low Sodium vegetable juice



Starches

- ✗ Whole grain granola bar (Nature Valley or Kashi)
- ✗ Whole grain cereal
- ✗ Whole Grain Fig Newton's
- ✗ Whole grain bagel
- ✗ Pretzels
- ✗ Triscuits



Protein Foods

- ✗ Cottage Cheese with fruit
 - ✗ Nuts/ trail mix
 - ✗ Hummus
- ✗ Low-fat sports bar
- ✗ ½ sandwich (PB, tuna salad, deli meat)

