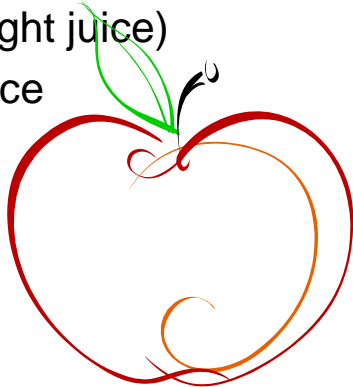


Snack Healthy!

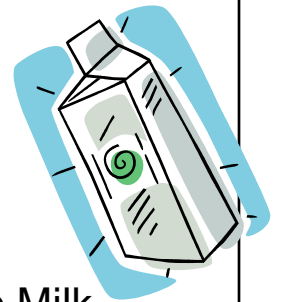
Fruit

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



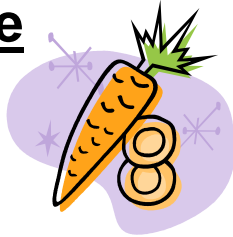
Dairy

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



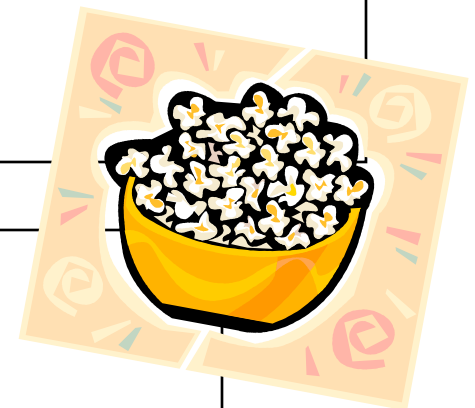
Vegetable

- × 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)

