



The Simple Solution to the Energy Problem



Healthy Alternatives for Snacks (LF = low fat)

pretzels (hard and soft)	100% fruit juice	skim milk
graham crackers	fruit smoothies	LF yogurt
plain animal crackers	small bagels	grilled chicken sandwiches
fruit (whole and cups)	salads w/ LF dressing	frozen 100% juice Popsicles
chicken-kabobs	veggie-kabobs	turkey sandwiches/burgers
air-popped or lite popcorn	trail mix	LF frozen yogurt/ice cream
string cheese	LF small muffins	veggie sticks w/ LF dip
baked potato w/ LF toppings	LF pudding	tomato juice
LF granola bars	dried fruit	frozen grapes, blueberries
unsweetened dry cereal	sport nutrition bars	cottage cheese & fruit cup
peanut butter & crackers	fruit & cereal bars	whole wheat crackers
fruit & yogurt parfaits	fruit-kabobs	flavored rice cakes
tuna salad in pita pockets	breadsticks w/ marinara sauce	quesadillas w/ LF cheese
bottled water	melon balls	vegetable soup

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