

# Healthy Alternatives for Snacks

Pretzels (hard and soft)

Graham crackers

Plain animal crackers

Fruit (whole and cups)

Chicken kabobs

Air-popped or lite popcorn

String Cheese

Baked potato & low-fat topping

Low Fat granola bars

Unsweetened dry cereal

Peanut butter and crackers

Fruit and yogurt parfaits

Whole wheat crackers

Flavored rice cakes

Vegetable Soup

Dried fruit

Tuna salad in pita pockets

Bottled water

100% fruit juice

Fruit smoothies

Small bagels

Salads with low-fat dressing

Veggie kabobs

Trail mix

Low-fat small muffins

Low-fat pudding

Sport nutrition bars

Turkey sandwiches/burgers

Cottage cheese & fruit cup

Quesadillas with low-fat cheese

Fruit and cereal bars

Fruit kabobs

Breadsticks with marinara

Melon balls

Skim milk

Low-fat yogurt

Grilled chicken sandwiches

Frozen 100% juice popsicles

Low-fat frozen yogurt/ice cream

Veggie sticks with low-fat dip

Low sodium tomato juice

Frozen grapes, blueberries

