

## Healthy Snack Ideas:

½ potato with salsa  
Almonds  
Animal crackers  
Apple sauce  
Apple slices with cinnamon  
Baby carrots  
Baked tortilla chips and salsa  
Banana  
Broccoli dipped in low-fat ranch  
Celery  
Celery stuffed with cream cheese  
Celery stuffed with Peanut Butter  
Cottage cheese with fruit  
Cucumber Salad  
Cut up vegetables  
Fig bars  
Frozen Yogurt  
Hardboiled Egg  
Lean Turkey wrapped around swiss cheese  
Low salt pretzels  
Low-fat granola bars  
Low-fat yogurt with granola  
Melons  
Melon wrapped in proscuitto  
Multi-grain waffle  
Oranges  
Pear  
Pretzels  
Raisins  
Rice cakes  
Sherbet with fresh fruit  
Sliced vegetables  
Soup  
Steamed vegetables  
String cheese with tomato sauce  
Tomato & mozzarella cheese  
Trail mix  
Walnuts