

A TO Z HEALTHY SNACK LIST

Healthy snacks are low in sugar and high in nutrients

A – apples, apricots, asparagus, avocado, almonds

B – bananas, berries, broccoli, brussel sprouts, bean sprouts, bok choy, beans, bagels, breakfast bars

C – cantaloupe, currants, cherries, cranberries, craisins, carrots, celery, cucumber, cauliflower, chickpeas, cheese (low-fat), crackers (low-fat)

D – dried fruit, dried cereal

E – eggs

F – fruit, fruit juice, fruit rolls, frozen fruit yogurt, fresh vegetables, fig bars

G – grapefruit, grapes, “gogurt” (yogurt in a tube), granola bars, graham crackers, gatorade

H – honeydew melon, hummus with veggies

I – ices (fruit), ice-cream (low-fat)

J – juices (pure fruit), juice bags, jell-o with fruit, jelly on rice cakes

K – kiwi fruit

L – lentils, low-fat ice-cream

M – melon, mandarins, mango, milk, muffins (low-fat)

N – nectarines, nuts

O – oranges, oatmeal, olives, oatmeal cookies (low-fat)

P – peaches, pears, pineapples, papaya, plums, prunes, peas, pretzels, pita bread, pasta/potato salad, pumpkin seeds, powerade

Q – quick soups

R – raspberries, raisins, rice cakes, rice treats

S – strawberries, smoothies (fruit), sweet corn, soymilk, sunflower seeds, sesame seeds

T – tomatoes, trail mix, tortillas, terra chips

U – unbuttered popcorn

V – vegetables, vanilla wafers/crackers

W – watermelon, whole-wheat bread/english muffins

X – ?!

Y – yogurt

Z – zesty crackers, zucchini bread