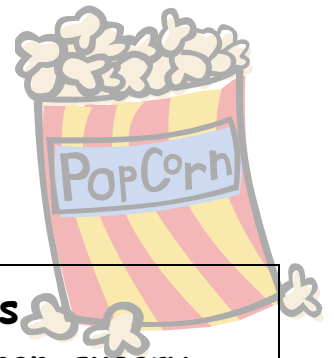


Super Snacks



Fruit

- ◆ Fresh fruit: apple, grapes, kiwi, melon, berries, orange, etc.
- ◆ Fruit cups packed in "own juice"
- ◆ $\frac{1}{2}$ cup canned fruit in "own juice"
- ◆ $\frac{1}{4}$ cup of raisins or dried fruit

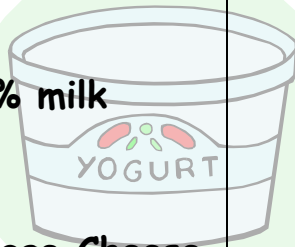


Grains

- ◆ 1 serving of dry non-sugary cereal
- ◆ 6 Triscuits
- ◆ 1 serving Kashi TLC crackers
- ◆ 1 slice of whole wheat bread
- ◆ $\frac{1}{2}$ whole-wheat English Muffin
- ◆ 6 inch whole-wheat tortilla
- ◆ 3 cups of air-popped or light microwave popcorn

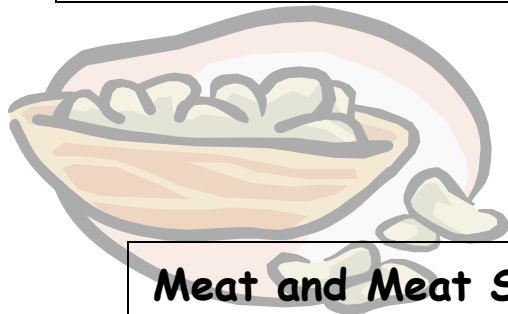
Dairy

- ◆ 1 cup of skim or 1% milk
- ◆ String cheese
- ◆ Light Yogurt
- ◆ $\frac{1}{4}$ cup Low fat Cottage Cheese
- ◆ Low fat cheese



Vegetables

- ◆ Fresh vegetables with dip
- ◆ Salsa
- ◆ Side salad with light dressing



Meat and Meat Substitutes

- ◆ Hard-boiled egg
- ◆ 1 Tablespoon peanut butter
- ◆ $\frac{1}{4}$ cup of nuts
- ◆ 1 oz of deli meat (1-2 slices)
- ◆ $\frac{1}{4}$ cup Hummus

Cool Combinations

- ◆ Celery and peanut butter
- ◆ Banana and peanut butter
- ◆ Apples with yogurt dip or PB
- ◆ Deli meat rolled in tortilla
- ◆ Crackers and Laughing Cow cheese wedge
- ◆ Homemade Trail Mix
- ◆ Hummus and raw veggies