



# HEALTHY SNACK LIST

## INSTRUCTIONS

Use the list below as a guide for creating healthy snacks for your student!

### FRUITS AND VEGGIES

- baby carrots
- apple/apple slices and nut butter
- grapes
- celery sticks
- banana
- veggies and hummus
- fruit salad
- kiwi
- fruit leathers
- apricots
- clementines



### PROTEIN

- pumpkin seeds
- hard-boiled egg (peeled)
- turkey wrap
- sunflower seeds



### GRAINS

- popcorn (no butter/light butter)
- trail mix
- whole-grain crackers and cheese
- whole-grain goldfish
- low-sugar granola bars
- whole-grain pita bread
- whole-grain cereal (low sugar)
- whole-grain waffles
- oatmeal
- whole-grain chips and salsa
- pretzels and hummus
- rice cakes



### DAIRY

- milk
- string cheese
- yogurt and berries



Remember, whole-grain foods will keep students satisfied and focused longer than refined grains.

Suggest whole fruits instead of fruit juice. The fiber will help keep students full and avoid a sugar rush.

Combine different foods to make a well rounded snack with multiple food groups present.