



EZ Snacks

- Fresh fruit - cut up ahead of time for on-the-go
- Vegetable strips with dip, hummus or natural peanut butter
- Whole grain crackers with peanut butter or low fat cheese
- Non Fat or Low fat yogurt
- Pretzels
- Make-your-own trail mix with dried fruit, nuts and cereal
- Bowl of cereal with milk or just a few handfuls of dry cereal
- Make popsicles from 100% fruit juice or put some bananas or grapes in the freezer for a cool treat
- Half of a sandwich on whole grain bread
- Fruit & Nut or Granola bars (such as LARA or Kashi)
- Smoothies made with juice, skim milk, frozen yogurt & fresh fruit
- Chips & salsa
- A whole wheat wrap with cooked brown rice and black beans
- Hard boiled egg and fruit or whole grain crackers
- Low fat chocolate milk