

## Nutritional Snack Ideas

Frozen fruit bars  
Vegetables & dip (low fat plain yogurt with fat free ranch dressing)  
Fruit skewers  
Fruit cups (not in syrup)  
Fruit in waffle cone  
Celery & cream cheese  
Hummus & pita chips  
Frozen Yogurt (ex. Stein's "Only 8")  
Sugar free ices  
Pretzels  
Popcorn or mini popcorn cakes  
Granola  
Low fat granola bars  
Sugar free Jell-O/cool whip  
Mini bagel & low fat cheese  
Trail mix-raisins, cereal, and dried fruit  
Apple slices-alone or served with dipping sauce,  
crushed pineapple with low fat yogurt  
Banana, fresh strawberries, blueberries, or raspberries  
Low fat fruit yogurt  
Low fat pudding  
Apple sauce-single serving size-add cinnamon for extra flavor  
Graham crackers( not sugar coated)  
Cereal-with or without milk (Cheerios, Kix, etc. not sugar coated)  
Orange sections, grapes, raisins  
Flavored mini rice cakes  
Pita bread-toasted with low fat cheese on top  
Skim string cheese  
Bean dip and whole wheat crackers or baked tortilla chips  
Melon balls  
Non fat milk-mixed with banana or berries in a blender  
Turkey roll ups  
Low fat cheese & crackers  
Pumpkin seeds