



## 15 Healthy Snack Ideas

Snack	Whole Grain (up to 1)	Protein (1 or 2)	Fruits & Veggies (unlimited)
<b>Cheese n' Fruit</b>	Whole grain crackers Whole grain pretzels	Cheese cubes	Blueberries, strawberries, raspberries, melon, pear, apple
<b>Rollups</b>	Whole wheat tortilla	Cream cheese Light spreadable cheese Preservative-free turkey	Cucumber, tomatoes, roasted red peppers, lettuce, avocado
<b>Ants on a Log</b>	N/A	Peanut (or other nut) butter	Raisins, celery
<b>Fruit &amp; Yogurt Parfait</b>	Low-sugar granola	Plain yogurt	Raspberries, strawberries, blueberries, blackberries
<b>Crackers n' Spread</b>	Whole grain crackers	Cream cheese Light spreadable cheese Hummus	Strawberries, avocado, cucumber, red pepper slices, roasted red pepper spread
<b>Chips n' Salsa</b>	Tortilla chips Whole grain pita chips	N/A	Salsa
<b>Chips n' Guac</b>	Tortilla chips Whole grain pita chips	N/A	Guacamole



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<b>Chips n' Hummus</b>	Tortilla chips Whole grain pita chips	Hummus	Avocado, baby tomatoes, carrots*, pepper slices, broccoli, cauliflower
<b>Veggies n' Dip</b>	N/A	Hummus Ranch dressing	Avocado, baby tomatoes, carrots*, pepper slices, broccoli, cauliflower
<b>Smoothies</b>	Wheat germ Chia Hemp	Plain yogurt Peanut (or other nut) butter	Banana, strawberries, blueberries, raspberries, mango, pineapple
<b>Berry Crepes</b>	Whole wheat crepes	N/A	Strawberries, blueberries, raspberries, blackberries
<b>Fruit &amp; Veggie Breads</b>	← Banana Bread	Zucchini Muffins	Carrot Bars →
<b>Veggie &amp; Hummus Sandwiches</b>	Whole grain bread	Hummus	Cucumber, tomatoes, red peppers, lettuce
<b>Fruit Cars</b>		Peanut (or other nut) butter for dipping apples	Apples, grapes
<b>Snack Mix</b>	Popcorn Whole grain cereal	Nuts	Banana chips, raisins, dried apple or other fruit pieces

\*6-18 months, carrots should be cooked