Snacks that Work!

Try these….	Sometimes these ….	But skip these!
Morning		
• Mini-bagel, whole grain w/ peanut butter, low-fat fruit spread, low-fat cream cheese	• Mini-bagel, w/ low-fat cream cheese	• Donuts
• Low-fat yogurt, low-fat granola	• Granola bar	• Pastries or croissants
• Fresh fruit, sliced for serving	• Mini-muffins, mini-scones	• Regular Muffins, scones
• Healthy homemade breads, pumpkin or zucchini		• Store-bought breakfast bread
Lunch & Snacks		
• Fruit, with low-fat topping • Dried fruit • Applesauce, unsweetened	• Granola bar, trail mix	• Fruit roll-ups
• Veggies, with low-fat dip	• Baked chips & hummus • Low-fat or baked tortilla chips & salsa • Whole wheat crackers, with low-fat cheese • Whole wheat goldfish	• Potato chips & dip • Cheese & crackers
• Nuts, raw or dry roasted • Air popcorn	• Salted nuts/pretzels • Yogurt covered nuts • Low-fat popcorn	• Candy • Buttered popcorn
• Homemade healthy oatmeal cookies	• Store bought oatmeal cookies	• Store bought cookies, brownies
• Angel food cake, with fruit and low-fat cream	• Low-fat pudding cups	• Cake • Cupcakes
• Thin crust pizza, with veggies, ham, or chicken with tomato sauce	• Veggie/meat topping pizza, chicken pizza, cheese pizza	• Pan or thick crust pizza • Combo pizza
Drinks		
• Water	• 100% juice (4oz. per day)	• Artificially flavored juices
• Milk	• Flavored milk	• Sports Drinks
• Fresh fruit smoothies	• Store-bought smoothies	• Sodas

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