

HEALTHY FOOD SUGGESTIONS FOR FUN, POSITIVE, SNACKS, PARTIES & CELEBRATIONS

Best Choices:

- Granola bars, whole-grain fruit bars
- Fresh fruit of all varieties
- Dried fruit
- Fresh vegetables
- Low sodium varieties of jerky (or buffalo jerky)
- Yogurt, low fat and no sugars added
- String cheese
- Fruit/Vegetable juice (100% juice)
- 1% or skim milk
- Plain water
- Fruit bars
- Frozen fruit juice bars (no sugar or high fructose corn syrup)
- Non-nut, non-dairy milks (for example, oat milk)

Good Choices:

- Popcorn without hydrogenated fats
- Individually packed fruit in natural juices only
- Fruit leather
- Animal crackers and graham crackers
- Pretzels
- Low fat ice cream and sherbet bars
- Low-fat pudding
- Baked chips, corn nuts
- Hummus as a dip for veggies
- Frozen Yogurt treats/bars