

CHWC

Community Hospitals and Wellness Centers

HEALTHY SNACKS

Raw vegetables with low fat dip (Carrots, Celery, Broccoli, Cauliflower, etc.)

Fresh fruit (Apples, Bananas, Grapes, Melon, Strawberries, etc.)

Apple slices with peanut butter

Graham crackers (can be dipped in: peanut butter, yogurt, pudding, etc.)

Vanilla Wafers (can be dipped in yogurt, pudding, etc.)

Low fat fruited yogurt /plain yogurt with fresh fruit (topped with grapes/granola)

Dry unsweetened cereal (Cheerios, Corn Bran, Wheat Puffs, etc.)

½ sandwich on 100% whole-grain bread with lean meat or peanut butter

Whole-grain crackers with low fat cheese

Whole-grain crackers with peanut butter

Raisins or dried fruit

½ or mini Whole-grain bagel with low fat cream cheese/peanut butter

Air popped popcorn or light microwave popcorn

String cheese/Low fat cheese

Cottage cheese/Cottage cheese with fruit

Unsweetened/natural applesauce

Canned fruit in light syrup/natural juice

Animal crackers (can be dipped in yogurt/pudding, etc.)

Low fat granola bar (hard and crunchy = healthier)

Pretzels

Rice Cakes with peanut butter

Angel food cake (can be topped with fresh fruit and lite whipped cream)

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Finger Jell-O shapes/ Fruited Jell-O

Frozen yogurt/ go-gurt

Baked tortilla chips and salsa

Soft whole-grain tortillas and salsa

Fresh fruit with yogurt dip

Pudding made with low fat milk

Carrot/Celery sticks with peanut butter

Zucchini/Banana Bread/Muffins

Blueberry/Bran Muffins

English Muffin/Bagel pizzas

Hard-boiled egg

Fruit smoothie (fresh fruit, yogurt, ice, 100% fruit juice)

Frozen banana on a stick (can be dipped in yogurt and rolled in grapenuts/granola)

Soft whole-grain tortilla shapes with confetti salsa (corn, black beans, salsa)

100% Frozen fruit ice cubes mixed with fresh fruit

Peanuts/Nuts, Pumpkin/Sunflower Seeds

Chex mix/ Trail mix (Chex cereals, pretzels, cheerios, nuts, dried fruits etc.)

Fruit and cheese kabobs

Raw vegetables and cheese kabobs

Rice Krispie treats

Pita bread with Hummus