



A to Z Healthy Snack List

Healthy snacks are low in sugar and high in nutrients

- A:** Almonds, Apples, Applesauce, Apricots, Asparagus, Avocado
- B:** Bagels, Bananas, Bean Sprouts, Beans, Berries, Bok Choi, Breakfast Bars Broccoli, Brussel Sprouts
- C:** Cantaloupe, Carrots, Cauliflower, Celery, Cheese (low-fat), Cherries, Chickpeas, Crackers (low-fat), Craisins, Cranberries, Cucumber, Currants
- D:** Dates, Dried Cereal, Dried Fruit
- E:** Edamame, Eggs
- F:** Fig Bars, Fresh Vegetables, Fruit, Fruit Juice, Fruit Rolls, Frozen Fruit Yogurt
- G:** Gatorade, "Gogurt," Graham Crackers, Granola Bars, Grapefruit, Grapes
- H:** Honeydew Melon, Hummus with Veggies
- I:** Ices (fruit), Ice-cream (low-fat)
- J:** Jell-O with Fruit, Jelly on Rice Cakes, Juices (100% fruit)
- K:** Kiwi Fruit
- L:** Lentils, Low-fat ice-cream
- M:** Mandarin Oranges, Mango, Melon, Milk, Muffins (low-fat)
- N:** Nectarines, Nuts
- O:** Oatmeal, Oatmeal Cookies (low-fat), Olives, Oranges
- P:** Papaya, Pasta Salad, Peaches, Pears, Peas, Pineapples, Pita Bread, Plums, Potato Salad, PowerAde, Pretzels, Pumpkin Seeds
- Q:** Quick Soups
- R:** Raisins, Raspberries, Rice Cakes, Rice Treats
- S:** Sesame Seeds, Smoothies (fruit), Soymilk, Strawberries, Sunflower Seeds, Sweet Corn
- T:** Terra Chips, Tomatoes, Tortilla Chips, Trail Mix
- U:** Unbuttered Popcorn
- V:** Vanilla Wafers, Vegetables, Vegetable Juice
- W:** Watermelon, Whole-wheat Bread
- X:** ?!
- Y:** Yogurt
- Z:** Zesty Crackers, Zucchini, Zucchini Bread