

Healthy Snack Ideas

High Fiber & Portable
Fruits such as: Apples,
Bananas, Pears or
Peaches



Greek Yogurt with
Granola & Fruit



Hummus with carrot
or celery sticks or
with whole grain
crackers



Homemade Trail Mix
with almonds, dried
cranberries and high
fiber/low calorie
cereal



A mix of veggies with
carrots, snap peas and
celery



Low fat tortilla chips
and low sodium salsa



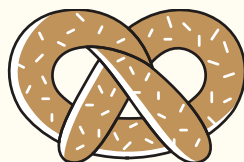
A palmful of almonds
or walnuts



Apple Slices or celery
sticks with natural
peanut butter



Whole wheat pretzels
with guacamole,
almond butter or
hummus



Natural food bars such
as Larabars

