

HEALTHY SNACKS FROM THE FOOD GUIDE PYRAMID



Use the Food Pyramid as your guide for healthy snacks, as well as menu choices. Remember to check the serving sizes!

GRAIN GROUP

Ready-to-eat cereals
Low fat muffins
English muffins
Whole grain breads
Specialty breads
Bagels
Tortillas
Low sodium pretzels
Low fat or reduced fat crackers
Teddy Grahams
Animal crackers
Low fat granola bars
Air popped popcorn

FRUITS

Fresh fruit, in season
Canned fruit, in its own juice or water packed
Fruit juice (100% Juice) -- individual cans are very convenient
Dried fruit (For example: raisins, apricots, cranberries, and apples)

POINTS TO CONSIDER

Use left over soups or grain mixtures for a snack.
Mix and match your favorite grains, fruits and vegetables for snacks.
Plan for snacks and purchase individual-size portions when shopping.

VEGETABLES

Fresh vegetables, cut into chunks
Low sodium vegetable juices
Low sodium V-8 Juice

DAIRY

Skim or 1% Milk
Low fat chocolate milk
String cheese
Low fat or reduced fat cheese slices or chunks of cheese
Low fat yogurt with or without fruit
Alba
Carnation Instant Breakfast, variety of flavors
Hot cocoa

PROTEIN

Low fat or fat free sliced deli meats
Canned tuna, salmon, or chicken chunks, water packed
Hummus
Dry roasted nuts or seeds
Peanut butter