

Keep Your Student On Track

# Pack a Healthy Snack!



Milk	Grain Products	Nuts, Seeds, Beans, and Meats	Vegetables	Fruit	Beverages
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Low fat Milk/Flavored Milk  
Cheese cubes  
String cheese  
Individual Puddings  
Yogurt  
Low fat Ice Cream/Ice Milk  
Low fat Cottage Cheese

Low fat breakfast bars  
Granola bars  
Mini rice cakes  
Non-sugar cereals  
Mini bagels  
Pretzels  
Trail mixes  
Cereal mixes  
Graham crackers  
Fig Newtons  
Gingersnaps  
Molasses cookies  
Triscuits or other whole grain crackers  
Animal crackers  
Angel food cake - plain or topped with fruit  
Low fat popcorn  
Whole grain bread  
Bread sticks  
Pita bread  
Low fat muffins  
Baked tortilla chips  
Vanilla wafers

Sunflower Seeds  
Pumpkin Seeds  
Peanut Butter  
Hummus  
Nuts  
Turkey breast  
Low-fat lunch meats  
Chicken breast

Broccoli  
Peppers  
Carrots  
Radishes  
Cauliflower  
Rutabaga  
Celery  
Snow Peas  
Cherry Tomatoes  
Sugar snap peas  
Turnip Strips  
Cucumber  
Zucchini

**Fresh, Frozen, or Canned**  
Apples/Applesauce  
Mango  
Melons  
Apricots  
Banana  
Oranges  
Berries  
Cantaloupe  
Peaches  
Cherries  
Pears  
Pineapple  
Plums  
Grapefruit  
Grapes  
Kiwi  
Watermelon  
Frozen fruit bars

**Dried fruit**  
Raisins  
Apricots  
Prunes

Water  
Flavored water (low sugar)  
100% Juice  
Low fat Milk/Flavored Milk  
Yogurt Smoothies  
Vegetable juice

**Good Nutrition leads to...**

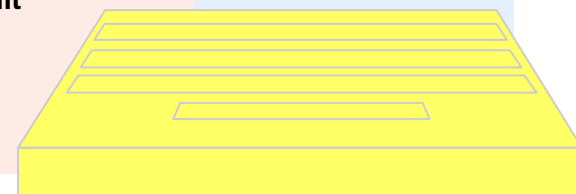
- Better concentration
- Increased attention
- Improved memory
- Better moods
- Less fatigue

**Better Students Overall!**

**Did you know?**  
As part of a healthy diet, kids should eat 3 main meals and 2-3 *healthy* snacks a day. Snacks play a major role in kids' diets, contributing up to 1/3 to 1/2 of a child's daily food intake. **Make sure to try some of these healthy options.**

**Internet Resources for Healthy Snack Ideas**

[www.healthiergeneration.org](http://www.healthiergeneration.org)  
*click At School for snack resources*  
[www.actionforhealthykids.org/recharge/tools/snacks.pdf](http://www.actionforhealthykids.org/recharge/tools/snacks.pdf)  
[www.morematters.org](http://www.morematters.org)  
[www.mypyramid.gov](http://www.mypyramid.gov)  
[www.eatright.org](http://www.eatright.org)



\*Check with your classroom teacher to determine if any of these foods need to be avoided due to allergies in the classroom.