

WELLNESS - Addendum B**Healthy Snack and Bag Lunch Ideas (Encouraged)****Grain Products:**

Low-fat breakfast or granola bars	Angel food cake - plain or topped with fruit
Mini Rice Cakes, flavored rice cakes	Low-fat popcorn
Non-sugar coated cereals	Whole grain breads, bread sticks, Pita bread, muffins
Mini bagels	Baked chips
Pretzels-Hard or Soft	Vanilla wafers
Trail mixes, cereal mixes	Goldfish Grahams
Graham crackers	Goldfish Crackers
Wheat crackers	Granola Bars
Low sodium pretzels	Cereal Bars
Triscuits or other whole grain crackers	
Animal crackers	

Fruit:

Apples	Dried fruit	Nectarines	Raisins
Applesauce	Frozen fruit bars	Oranges	Tangerines
Apricots	Grapefruit	Papaya	Watermelon
Banana	Grapes	Peaches	Fruit Snacks (with fruit being 1 st ingredient)
Berries	Kiwi	Pears	
Cantaloupe	Mango	Pineapple	
Cherries	Melon	Plums	

Vegetables (raw, with or without dip):

Asparagus	Celery	Radishes	Bell pepper strips
Broccoli	Cherry Tomatoes	Snow pea pods	Kohlrabi
Carrots	Cucumber	Zucchini	Rutabaga
Cauliflower	Mushrooms	Jicama	Turnip strips

Milk Products:

Low fat milk/flavored milk	Individual puddings	Low fat cottage cheese
Cheese cubes (low fat)	Yogurt/Gogurt	
String cheese	Low fat ice cream/ice milk	

Meat and Meat Alternatives:

Sunflower seeds	Sandwich quarters (whole wheat bread and peanut butter, or meat)
Pumpkin seeds	
Peanut butter (on crackers)	Small pieces of bagels with peanut butter
Hummus	
Nuts	
Turkey breast	
Chicken breast	
Low fat brands of cold cuts such as ham, roast beef	

Beverages:

Water, flavored water (calorie-free)

100% Juice

Low fat milk/flavored milk

Yogurt smoothies

Vegetable juice

Quick to Fix Ideas:

Yogurt parfaits or banana splits made with low fat granola and fruit

Fruit and cheese kabobs

Quesadilla with salsa

Baked tortilla chips with salsa

Whole-wheat crackers with cheese or peanut butter

Bagels with tomato sauce and melted cheese

Apple nachos: melt cheese over apple slices

Kiddy kabobs: cheese, fruit, vegetables, and cubed meat on small skewer

Mexicali melt: refried beans or canned chili on tortillas topped with cheese

Pizza bites: English muffins, spaghetti sauce, cheese, and lean protein

Snack mix: whole grain cereal, dried fruit, popcorn, pretzels, soy nuts, and mix with 1
tablespoon of honey in a bag.

Ants on a log: celery with peanut butter topped with raisins

Snacks Discouraged

Regular Chips

Fruit Snacks (which provide no fruit)

Soda Pop

Candy

Chewing Gum

Cookies/Bars