

# Snack Smart

Make your own snack combination with some of the choices below!

FRUIT	VEGETABLES	DAIRY	STARCHES	MEATS/PROTEIN
Apples/Applesauce	Broccoli	Cheese (sliced, cubed or shredded)	Baked tortilla chips	Canned tuna
Apricots	Carrot	Low-fat or fat-free cottage cheese	Graham crackers	Hard-boiled egg
Bananas	Cauliflower	Low-fat cream cheese	Low-fat popcorn	Lunch meat (turkey, roast beef, ham)
Berries (fresh or frozen)	Celery	Low-fat or fat-free ice cream	Rice cakes	Grilled chicken strips
Canned fruit (in it's own juices)	Cucumber	Low-fat or fat-free yogurt	Baked sweet potato chips	Nuts (1/4 cup)
Cantaloupe	Green beans	String cheese	Whole grain cereal	Peanut butter
Cherries	Lettuce	Fat-free, sugar free pudding	Baked sweet potato chips	Pumpkin seeds
Dried fruit	Peppers (green, red, yellow)		Whole wheat bread & crackers	Trail Mix
Grapefruit	Salad		Whole wheat English Muffins	Hummus
Grapes	Salsa		Whole wheat mini bagels	Ground turkey sausage patty
Honeydew	Tomatoes (sliced or grape/cherry)		Whole wheat tortillas	
Kiwi	Yellow squash		Baked potato fries	
Mandarin oranges	Zucchini			
Mango				
Nectarine				
Orange				
Peach				
Pear				
Pineapple				
Plum				
Tangerine				
Watermelon				

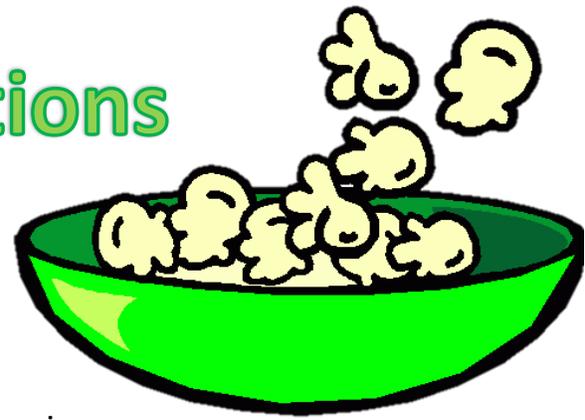


Community Care  
of North Carolina



# Great Snack Combinations

- ★ Stuff celery slices with low-fat cream cheese or peanut butter
- ★ Serve baked tortilla chips with salsa
- ★ Have fresh cut up veggies with low fat salad dressing/dip
- ★ Make your own trail mix with whole grain cereal (cheerios, raisin bran, Grape nuts, Wheaties), dried fruit like raisins and nuts
- ★ Enjoy low fat or fat free yogurt or ice cream with fresh chopped up fruit
- ★ Make a mini pizza with a whole wheat English muffin, a layer of spaghetti sauce and mozzarella cheese
- ★ Make a quesadilla with low fat cheese, salsa and a whole wheat tortilla
- ★ Try freezing fruit (grapes, bananas, berries) for a refreshing snack that can be used all year long
- ★ Pop a bag of low fat popcorn and add a sprinkle of Parmesan cheese while hot



## What snacks do you typically choose?

Use this space to make a list of your choices.

## What changes can you make to create healthier snacks?

Use this space to make a list of your new choices.



Community Care  
of North Carolina



CHIPRA