

HEALTHY SNACK SUGGESTIONS

WHOA! EAT ONLY ONCE IN A WHILE

- Fruit Roll-Ups or Fruit Snacks (less than 100% real fruit)
- Cookies
- Cupcakes/Cakes
- High Sugar Cereal
- Fried Chips
- Candy
- Ice Cream
- Juice Drinks, Juice Cocktail beverages
- Soda

SLOW! EAT SOMETIMES

GRAINS

- Cereal/Granola Bars
- Yogurt Bars
- Trail Mix Bars
- Pretzels
- Crackers
- Graham Crackers

GRAINS cont.

- Animal Crackers
- Rice Cakes
- Popcorn made with oils

FRUITS and VEGGIES

- 100% Real Fruit Roll-Ups
- Fruit Cups in Light Syrup

PROTEIN and DAIRY

- Nuts (Be aware of allergies)
- Trail Mix
- Puddings (Low Fat & Fat Free)
- Drinkable Yogurt
- Yoplait Go-Gurts

GO! EAT ANYTIME

GRAINS

- Whole Grain, High Fiber/Low Sugar Cereals (ex. Cheerios)
- Low-Fat Whole Grain Crackers
- Air-popped Popcorn with no added salt

FRUITS and VEGGIES

- All Fresh Fruits
- All Fresh Vegetables
- Fruit Cups in 100% Real Fruit Juice
- Raisins
- Dried Fruits
- Unsweetened Applesauce

PROTEIN and DAIRY

- Low Fat Yogurt
- 1% or Skim Milk
- Cheese (Low-Fat/Part Skim)



NOTES:

- **GO** foods are commonly unprocessed and lowest in salt, added sugars and/or unhealthy fats. **WHOA** foods are generally the most processed and are the highest in unhealthy fats, added sugars and/or salt. **SLOW** foods are in between **GO** foods and **WHOA** foods.
- Packaging size **DOES** make a difference. Select small portion sizes and avoid large sizes that contain more than a “single” serving.