

# Quick, Healthy Snacks on the go!

Easy as 1-2-3:

1. Choose one item...
2. Pack items...
3. Enjoy anywhere!

## Fruits and Vegetables

- |                            |                      |                   |
|----------------------------|----------------------|-------------------|
| * Apple                    | * Cherries           | * Pear            |
| * Applesauce (unsweetened) | * Cherry tomatoes    | * Pineapple       |
| * Apricot                  | * Cucumber           | * Plum            |
| * Banana                   | * Figs               | * Raisins         |
| * Blackberries             | * Freeze-dried fruit | * Raspberries     |
| * Blueberries              | * Grapes             | * Salsa           |
| * Broccoli                 | * Honeydew           | * Strawberries    |
| * Cantaloupe               | * Kiwi               | * Sugar snap peas |
| * Carrots                  | * Orange             | * Watermelon      |
| * Cauliflower              | * Peach              | * 100% juice      |

## Protein

- |                            |                    |                     |
|----------------------------|--------------------|---------------------|
| * Beans                    | * Hard-boiled eggs | * Pudding (low fat) |
| * Cheese cubes (low fat)   | * Hummus           | * Soy milk          |
| * Cottage cheese (low fat) | * Milk (low fat)   | * String cheese     |
| * Deli meat                | * Nuts             | * Yogurt (low fat)  |
| * Frozen yogurt            | * Nut butters      |                     |

## Whole Grains

- |              |                        |                              |
|--------------|------------------------|------------------------------|
| * Brown rice | * Whole grain bread    | * Whole grain pita           |
| * Oatmeal    | * Whole grain cereal   | * Whole grain tortillas      |
| * Popcorn    | * Whole grain crackers | * Whole grain tortilla chips |
| * Rice cakes | * Whole grain pasta    |                              |

## Five Kid-Approved Snack Ideas

1. Make your own trail mix by combining raisins, freeze-dried fruits, nuts, sunflower seeds, and whole grain cereal
2. Serve apple slices with string cheese and whole grain crackers
3. Make half a sandwich with whole grain bread, peanut butter, and banana slices
4. Serve hummus with whole wheat pita and baby carrots for dipping
5. Build-your-own yogurt parfaits with low fat yogurt, fresh berries, and whole grain granola



Meal Planning Made Simple

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