



Healthy Snack List

Encourage students to eat healthy snacks and drink water in the classroom and at home. Here are some ideas:

- Fresh vegetables with hummus or low-fat dip
- Fresh fruit, fruit salad or kabobs
- Unsweetened applesauce
- Canned fruit or fruit cups (in water, 100% fruit juice or light syrup)
- Dried fruit (no added sugar)
- Fruit smoothies (fruit, yogurt, milk) Try our recipe <https://eatsmart.umd.edu/recipe/fruit-smoothie>
- Low-fat or non-fat yogurt or yogurt parfaits (yogurt, fruit and topping)
- Low-fat cheese or string cheese
- Whole-grain cereal bars
- Pretzels
- Whole grain crackers
- Graham crackers
- Baked tortilla chips and salsa
- Low-fat or air-popped popcorn
- Sandwich roll-ups on whole-grain tortillas (fill with a lean protein such as ham or turkey, low-fat cheese, hummus, nut or seed butter and jelly or vegetables)
- Nut or seed butter (serve with fruit or whole-grain crackers)
- Nuts or seeds
- Trail mix made of nuts or seeds and dried fruit with no added sugar

The foods on this list can be served as healthy snacks any time of the day, at school or at home. Enjoy!

