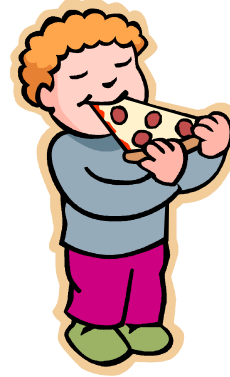


# The Teacher's Guide to Healthy Snacks



ANYTIME snack ingredients would include:

- ❖ Fruit
- ❖ Vegetables
- ❖ Whole grains
- ❖ Lean meats
- ❖ Skim milk products
- ❖ Pudding made with low-fat milk
- ❖ Low-sugar cereal
- ❖ Small slices of cheese
- ❖ Graham crackers
- ❖ Peanut butter
- ❖ Bagels
- ❖ Plain popcorn
- ❖ Pretzels
- ❖ Fruit bars
- ❖ Fruit roll-ups
- ❖ Some nuts
- ❖ Granola



Examples of SOMETIMES snacks:

- ❖ Chips
- ❖ Candy
- ❖ High-fat milks, puddings, high-sugar yogurts
- ❖ High-fat nuts such as cashews/pistachios
- ❖ Ice cream
- ❖ Soda Pop
- ❖ Fast foods
- ❖ High-fat pizza
- ❖ Cookies
- ❖ High-fat meats such as sausage, pepperoni
- ❖ Fried foods