

Healthy Snack Options

Granola bars, whole grain fruit bars, Nutri-Grain bars, Snackwells fat free cereal bars, animal crackers, graham crackers, baked chips, corn nuts, rice cakes, cereal/nut mix, Ritz air crisps, Wheatables, nuts and seeds – plain or with spices, trail mix = plain, popcorn/nutmix, Mr. Nature Mix ‘n Yogurt, dried fruit, raisins, cranberries, fat-free popcorn, pretzels – any flavor, beef jerky if 95% fat free, light popcorn, fresh fruit, Rice Krispie treats. apple juice.