

HEALTHY LIVING

Choosing Healthy Snacks

Snacks: The Well-Stocked Kitchen

Low-fat yogurt	Low-fat pudding
Fresh fruit	1%-fat or skim milk
High-fiber, unsweetened cereals	Low-fat cottage cheese
Nuts	Dried fruit
Low-fat microwave popcorn	Rice cakes
Reduced-fat cheese	Whole-grain crackers
Peanut butter	Whole wheat bread
Bagels	Pita bread
Low-fat lunch meats, cold cuts	Reduced-fat mayonnaise or fat-free dressings
Pretzels	Baked snack chips
Tofu	Microwaveable, low-fat entrees (eg, enchiladas, burritos, pasta with chunky tomato and vegetable sauce)
Bean dip, chickpea spread (hummus), eggplant dip	Salsa
Low-fat granola bars	Prepackaged, precut vegetables with low-fat dips

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Source Nutrition: What Every Parent Needs to Know (Copyright © American Academy of Pediatrics 2011)

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