



Eat right. Be active. Get healthy.

LET'S GO! TAKES 5210 TO SCHOOL

Suggestions for Nutritious Snacks

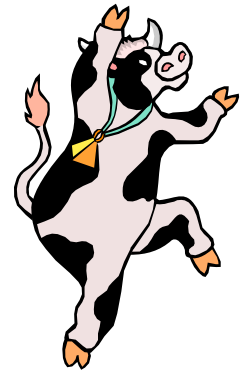
BEVERAGES

- Water
- Seltzer
- Low-fat milk



LOW-FAT DAIRY

- Milk
- Yogurt
- String cheese
- Yogurt smoothie
- Frozen yogurt



WHOLE GRAINS

- Granola bars
(avoid candy-type bars)
- Rice cakes
- Pretzels
- Graham or animal crackers
- Cereal with or without milk
- Popcorn



FRUITS and VEGETABLES

- Apple slices
- Bananas
- Fresh berries
- Applesauce
- Melon balls
- Orange sections
- Raisins
- Celery sticks with
peanut butter
- Sliced colored peppers with hummus
- Baby carrots or cucumbers with low-fat dip



Tips to make it easy:

1. Prepare snacks ahead of time if you can or simply buy pre-packaged, snack-size portions
2. Canned or frozen fruits and vegetables, packed in their own juice or water, are healthy and don't cost much money

For more information, visit www.letsgo.org

