

# HOW TO

# get your family out of the snacking rut



## high protein snacks

- string cheese
- boiled eggs
- tuna & crackers
- peanut butter & celery sticks
- greek yogurt
- cottage cheese
- peanut butter & apple slices
- avocado & crackers
- peanut butter & banana smoothie
- hummus & fresh veggies
- almond butter & apple slices
- edamame
- trail mix with a nut base
- natural jerky
- deli meat roll ups
- bean & cheese quesadilla
- cheese & crackers
- meat slices & crackers
- fruit, granola & yogurt
- chocolate milk
- granola & nut butter bites
- fresh fruit & cheese skewers
- bagels & cream cheese

## high fiber snacks

- avocado
- asian pears
- raspberries
- coconut
- figs
- artichokes
- green peas
- black beans
- nuts
- broccoli
- blackberries
- whole wheat crackers
- whole wheat pasta
- oatmeal
- spinach
- carrots
- bell peppers
- cucumbers
- brown rice
- sugar snap peas
- air-pop popcorn
- apples
- whole grain bread

## make ahead

- frozen grapes
- fruit popsicles
- granola bites
- trail mix
- fresh fruit tray
- guacamole & veggies
- hard boiled eggs
- fruit leather
- mini muffins
- frozen chocolate bananas
- frozen blueberries
- pickled veggies
- cheese slices or cubes
- oatmeal cookies
- black bean brownies

## high calcium

- low-fat milk
- yogurt
- broccoli
- cheese
- almonds
- edamame
- dried figs
- oranges
- oatmeal
- green beans
- baby carrots
- sweet potatoes
- fortified cereal
- enriched bread
- frozen yogurt
- greek yogurt
- sunflower seeds
- mac & cheese
- chocolate milk
- yogurt & fruit popsicles



these are all meant to be ideas. use them to create balanced nutrition for the whole family with your meals.



## quick & easy, 5 min or less prep

- granola bars
- applesauce
- fruit snacks
- frozen go-gurt
- real fruit popsicles
- peanut butter crackers
- air-pop popcorn
- fresh fruit & veggies
- dried fruit
- yogurt
- pretzels
- crackers & cheese
- fruit cups
- natural jerky
- fresh fruit slices
- rice cakes
- celery & peanut butter
- peanut butter & crackers
- toast with peanut butter
- bagels and cream cheese
- mandarin oranges
- string cheese
- greek yogurt
- cottage cheese
- fresh fruit smoothies
- bananas & ice cream

