



# Suggestions for Nutritious Snacks

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square meals

A Program of the Texas Department of Agriculture's Food and Nutrition Division

## RECOMMENDATIONS FOR HEALTHY SNACKS AT SCHOOL AND AT HOME

### BEVERAGES

- Fruit juices
- Fruit smoothies
- Milk (non-fat or low fat, plain or flavored)



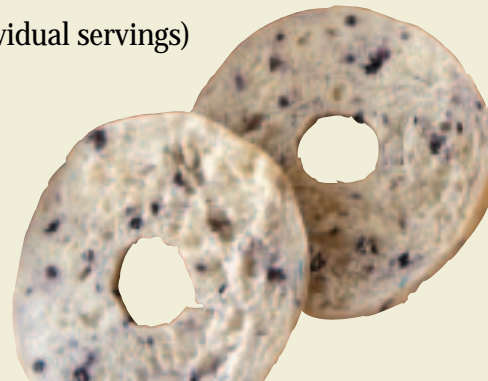
### FRESH FRUITS AND VEGETABLES

- Fresh seasonal fruit
- Carrots, broccoli and cauliflower with low fat dip or salad dressing



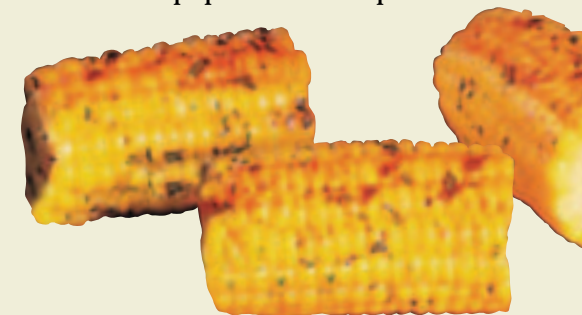
### LOW FAT GRAIN FOODS

- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffin (whole wheat)
- Rice cakes or mini rice cakes (flavored)
- Baked tortilla chips with salsa
- Fruit or grain muffin (low fat)
- Dry cereal (individual servings)
- Bagel (half)
- Fig bars
- Vanilla wafers



### ADDITIONAL TREATS

- Fruit snacks
- Fruit pico
- Fruit grain bars
- Frozen fruit bars
- Fat-free popcorn (94% fat-free)
- Peanut butter and crackers
- Low fat string cheese
- Fruit, nut and/or grain trail mixes
- Corn-on-the-cob with paprika or chili powder



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# Sugerencias para Bocadillos Nutritivos



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## RECOMENDACIONES PARA BOCADOS NUTRITIVOS EN LA ESCUELA Y EN LA CASA

MIRE AQUÍ ▼

### BEBIDAS

- Jugos de fruta
- Licuados de fruta
- Leche (sin grasa o baja en grasa, regular o de sabor)



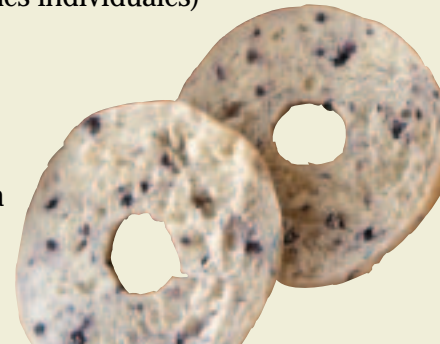
### FRUTAS Y VEGETALES FRESCOS

- Fruta fresca en estación
- Zanahoria, brócoli y coliflor con salsa o aderezo bajo en grasa



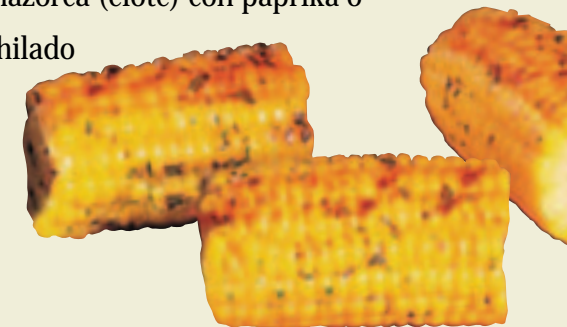
### ALIMENTOS DE GRANO BAJOS EN GRASA

- Pretzels (galletas saladas tostadas en forma de nudo)
- Galletas en forma de animales
- Galletas graham
- Galletas de trigo
- Bollo inglés (de trigo entero)
- Tortas o tortitas de arroz pequeñas (de sabor)
- Totopos horneados con salsa
- Bollo de fruta o grano entero (bajo en grasa)
- Cereal seco (porciones individuales)
- Panecillo (mitad)
- Barras de higo
- Galletitas de vainilla



### DELEITES ADICIONALES

- Bocadillos de fruta
- Pico de fruta
- Barras de fruta y grano
- Barritas de fruta congeladas
- Palomitas de maíz sin grasa (94% libres de grasa)
- Galletas con mantequilla de cacahuete (maní)
- Tiras de queso blanco bajo en grasa
- Mezclas de fruta, nueces y/o grano
- Maíz en mazorca (elote) con paprika o polvo enchilado



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