



HEALTHY SNACKS

TEEN	KIDS
1 slice Bread / 1 mini Bagel / $\frac{1}{2}$ English Muffin (Whole Wheat) 1 tbsp. Cream cheese Low Fat	$\frac{1}{2}$ "English Muffin" Whole Wheat 1 tbsp. Jelly Sugar Free 4 oz. Milk Low Fat
8 oz. Yogurt "Fat Free or No Sugar" $\frac{1}{4}$ cup Granola or 1 oz Nuts	8 oz. Frozen Yogurt $\frac{1}{2}$ cup Fruits
1 Whole Wheat Toast 1 tbsp. Peanut Butter 1 tbsp Jelly Sugar Free	1 Whole Wheat Toast 1 slice of Turkey Ham low fat 1 slice of Cheese low fat
$\frac{1}{2}$ cup Pudding "Low Fat" $\frac{1}{3}$ cup Fruits	1 cup Ice Cream "Fat Free" 17 small grapes or $\frac{1}{2}$ cup of fruits
Vegetable Rolls 1 Whole Wheat Tortilla 6" $\frac{1}{2}$ cup Vegetables 1 tbsp Cream Cheese "Low Fat"	Pizza: 1 Whole Wheat Tortilla 6" $\frac{1}{3}$ cup Shredded Cheese "Low Fat" 1 tbsp Tomato Sauce
1 Box of Cereal "Sugar Free" 4 oz. Milk Low or Fat Free 1 tbsp. Raisins	1 Box of Cereal "Sugar Free" 4 oz. Milk Low or Fat Free $\frac{1}{2}$ Banana
1 Small Fruit 1 tbsp Peanut Butter	1 Small Fruit 1 oz Cheese "Low Fat"
1 cup Raw Vegetables or Salad 2 tbsp Salad Dressing	1 cup Raw Baby Carrots or Celery 2 tbsp Ranch "Low Fat"

$\frac{1}{2}$ cup Fruit Cocktail "Sugar Free"
1 cup Gelatin Sugar Free

Cheesy Quesadilla
1 Whole Wheat Tortilla 6"
 $\frac{1}{3}$ cup Shredded Cheese "Low Fat"

Smoothie:
 $\frac{1}{2}$ cup Milk "Low Fat" + $\frac{1}{2}$ cup Yogurt "Low Fat"
 $\frac{1}{2}$ cup Fruit