**WELLNESS - Addendum B**

**Healthy Snack and Bag Lunch Ideas (Encouraged)**

**Grain Products:**
- Low-fat breakfast or granola bars
- Mini Rice Cakes, flavored rice cakes
- Non-sugar coated cereals
- Mini bagels
- Pretzels-Hard or Soft
- Trail mixes, cereal mixes
- Graham crackers
- Wheat crackers
- Low sodium pretzels
- Triscuits or other whole grain crackers
- Animal crackers

**Fruit:**
- Apples
- Applesauce
- Apricots
- Banana
- Berries
- Cantaloupe
- Cherries
- Dried fruit
- Frozen fruit bars
- Grapefruit
- Grapes
- Kiwi
- Mango
- Melon
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Raisins
- Tangerines
- Watermelon
- Fruit Snacks (with fruit being 1st ingredient)

**Vegetables (raw, with or without dip):**
- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cherry Tomatoes
- Cucumber
- Mushrooms
- Radishes
- Snow pea pods
- Zucchini
- Jicama
- Bell pepper strips
- Kohlrabi
- Rutabaga
- Turnip strips

**Milk Products:**
- Low fat milk/flavored milk
- Cheese cubes (low fat)
- String cheese

**Meat and Meat Alternatives:**
- Sunflower seeds
- Pumpkin seeds
- Peanut butter (on crackers)
- Hummus
- Nuts
- Turkey breast
- Chicken breast
- Low fat brands of cold cuts such as ham, roast beef

Angel food cake - plain or topped with fruit
Low-fat popcorn
Whole grain breads, bread sticks, Pita bread, muffins
Baked chips
Vanilla wafers
Goldfish Grahams
Goldfish Crackers
Granola Bars
Cereal Bars

9
**Beverages:**

Water, flavored water (calorie-free)
100% Juice
Low fat milk/flavored milk
Yogurt smoothies
Vegetable juice

**Quick to Fix Ideas:**

- Yogurt parfaits or banana splits made with low fat granola and fruit
- Fruit and cheese kabobs
- Quesadilla with salsa
- Baked tortilla chips with salsa
- Whole-wheat crackers with cheese or peanut butter
- Bagels with tomato sauce and melted cheese
- Apple nachos: melt cheese over apple slices
- Kiddy kabobs: cheese, fruit, vegetables, and cubed meat on small skewer
- Mexicali melt: refried beans or canned chili on tortillas topped with cheese
- Pizza bites: English muffins, spaghetti sauce, cheese, and lean protein
- Snack mix: whole grain cereal, dried fruit, popcorn, pretzels, soy nuts, and mix with 1 tablespoon of honey in a bag.
- Ants on a log: celery with peanut butter topped with raisins

**Snacks Discouraged**

- Regular Chips
- Fruit Snacks (which provide no fruit)
- Soda Pop
- Candy
- Chewing Gum
- Cookies/Bars