

SNACK "INSTEADS"



Frozen Yogurt

instead of



Ice Cream



Orange Juice

instead of



Soft Drink



Popcorn

instead of



Chips



Bananas

instead of

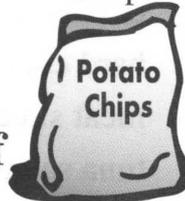


Cookies



Celery

instead of



Chips



Apple

instead of



Pie



Lowfat Milk

instead of



Soft Drink



English Muffin

instead of



Bagels



Grapes

instead of



Candy

Choose breads and cereals, fruits and vegetables, and milk, cheese and yogurt as snacks. They're great because they're not high in fat, sugar, or salt. They are good buys because you get lots of nutrients for your money!

Source: *Planning Makes a Difference* (B3486). University of Wisconsin-Extension

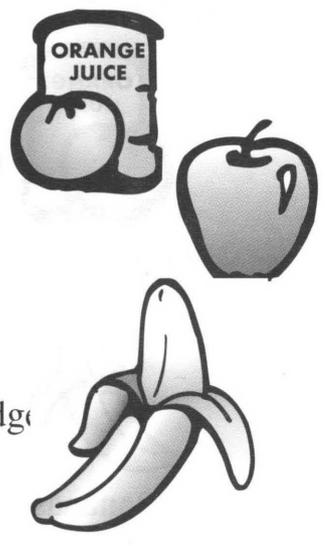
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SNACK IDEAS

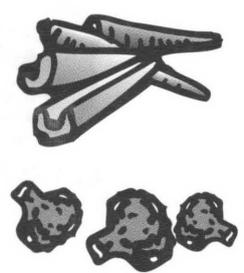
Fruits-fresh, canned, frozen, or dried

- fruit juice
- apple wedges or rings
- apricots
- banana chunks
- berries
- grapefruit sections
- grapes
- melon wedges
- peach or nectarine wedges
- orange slices
- raisins
- applesauce



Vegetables

- broccoli or cauliflower pieces
- carrot or celery sticks
- cucumber sticks or slices
- green pepper rings or slices
- tomato wedges or cherry tomatoes
- zucchini strips
- tomato juice



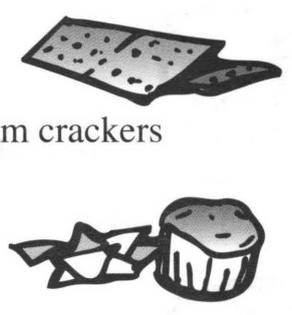
Milk & Cheese

- custard
- homemade milkshake
- cheese cubes
- yogurt
- pudding



Bread, Cereal, & Pasta

- enriched or whole grain:
- bread
- cereal
- crackers, graham crackers
- cornbread
- muffins
- rolls
- tortillas, tortilla chips



Meat, Poultry, Fish, & Eggs

- deviled eggs
- hard cooked eggs
- meat slices
- tuna salad
- jerky
- Vienna sausage



Dried Beans & Peas, Nuts

- bean dip
- peanut butter
- nuts



Combinations

- miniature pizzas
- cereal and nuts
- peanut butter balls
- toasted cheese finger sandwiches
- funny face sandwiches (peanut butter with raisins)

