Boost overall nutrition with healthy snacks. Keep the energy going all day long!

**Popular vegetables that can be served raw with healthy dips, spreads, and salad dressings include:**
- Broccoli trees
- Baby carrots
- Celery sticks – add some nut butter and raisins...*ants on a log*
- Cucumber coins
- Peppers – red, green or yellow
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Zucchini slices

Mix it up by serving fresh fruit as a salad or kabobs!

**Fruit is naturally sweet and most kids love it. Choosing fresh fruit guarantees you're getting no added sugar:**
- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes – red, green, or purple
- Honeydew melon
- Kiwifruit
- Mandarin Oranges
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

Bean dips, guacamole, hummus, salsa, and nut butters are all great for dipping or spreading!

**Some other popular fruit forms among the kiddos:**
- Applesauce (unsweetened)
- Canned fruit (in 100% juice or water)
- Dried fruit – try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugar
- Frozen fruit (check the label to be sure there is just fruit and no added sugar in the bag)

It’s a good idea to balance out snacks by serving foods from different food groups. So during your next snack time serve a fruit or vegetable WITH one of these foods:
- Whole wheat English muffins, pita, or tortillas
- Breakfast cereals – choose whole grain, low-sugar options like Cheerios, Grape-Nuts, Raisin Bran or Mini-Wheats
- Whole grain crackers like Triscuits or Wheat Thins
- Popcorn
- Baked tortilla chips
- Nuts or nut butter
- Unsweetened yogurt
- Cheese cubes
- Cottage cheese