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

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

Fruit is a nutritious and naturally sweet option for snacking. 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

Some other popular fruit forms include:
- 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. For your next snack try eating a fruit or vegetable WITH one of these foods:
- Whole wheat English muffins, pitas, 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

Mix it up!
Serve fresh fruit as a salad or kabobs!

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