

# snack *from all* **5** food groups

## **Fruit\***

Cut apples, bananas, peaches, grapes, orange slices, strawberries, pears, plums, apricots, nectarines, clementines, melon, kiwi, cherries, blueberries, raspberries, pineapple.

### **Dried Fruit**

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

*\* Use caution when feeding these foods to young children due to a possible choking problem.*

## **Vegetable\***

Carrots, broccoli, cauliflower, peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber, zucchini.

## **Milk**

Lowfat (1%) or fat free (skim) milk, cheese (grated or cubed), yogurt, cottage cheese, pudding.

### **Smoothies**

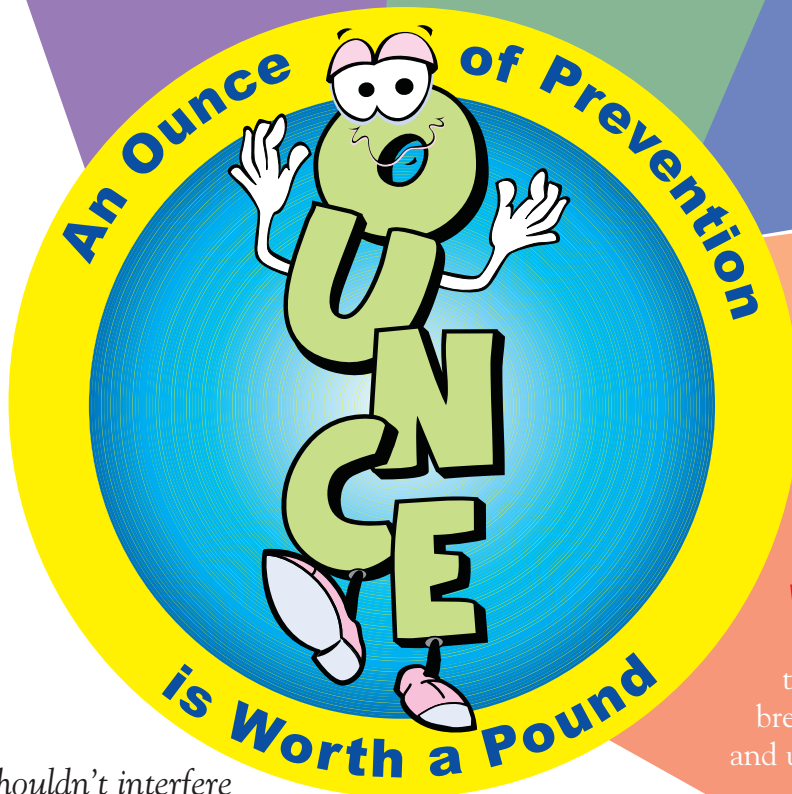
Blend yogurt, fruit, milk and 100% juice together.

## **Meat & Beans**

Lean protein, such as chicken, turkey, tuna or egg salad, bean dip, hard-boiled egg, peanut butter, hummus and nuts\*.

## **Whole Grain**

tortilla, bagel, bun, crackers, bread or English muffin, and unsweetened cereal.



*Snacks shouldn't interfere with meals; keep portions small*



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