



Jennifer Ross  
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## **Healthy Snacks**

Popcorn  
Dairy or soy yogurt  
Pretzels  
Cottage cheese  
Whole grain crackers  
Muffins  
Oatmeal cookies  
Sunflower and pumpkin seeds  
Fresh or canned fruit  
Dried fruit  
Peanuts or soy nuts  
Fruit shakes  
Fruit juice  
Raw vegetables  
Tomato juice  
Crackers and cheese  
Raisin and nut mix  
Bean tacos or burritos  
Cheese and veggie pizzas  
Whole grain bread with peanut butter  
Focaccia bread  
Hummus  
Nut butter with crackers  
Fruit/cereal bars  
Fig cookies  
Tofu dip  
Smoothies made with milk, soy, or rice milk