

Quick and Easy Snacks!

Carrot and celery sticks
Jell-O with Fruit
Strawberries
Granola bar
Cereal bar
Hard-boiled egg
Broccoli with low fat dip
Popcorn with parmesan cheese
Graham crackers with low-fat milk
Peach
Cashews
Bagel chips with low-fat cream cheese
Vanilla wafers with low-fat milk
Slice of veggie pizza
Pretzels
Baked tortilla chips with cheese and salsa
Low-fat pudding
Baked potato chips
Pizza sauce on whole-wheat English muffin
Trail mix
Applesauce
Blueberries with fat-free whip cream
Frozen grapes
Low-fat breakfast smoothies

Turkey roll ups
Almonds
Vegetable soup
½ Grapefruit
Watermelon
Fruit salad
Apple slices
Cottage cheese
Peanut butter on celery
Banana
Lean meat and cheese kabobs
Animal crackers
Raspberries
Whole grain cereal
Green salad
Orange
Walnuts
Whole grain bagel with jam
Non-fat yogurt
Turkey jerky
Peanut butter on toast
Part skim string cheese
Raisins



Altoona Regional
Health System