**SNACKS**

1. Low-fat string cheese or mini pizza-English muffin/mini pita, sauce, cheese
2. Low-fat string cheese and whole grain crackers, such as Triscuits
3. Whole grain crackers and low fat cottage cheese or nonfat ricotta cheese
4. Whole grain crackers and sprinkling of low fat cheddar or mozzarella
5. Cottage cheese and fruit or veggies (chopped veggies, i.e. carrots and cukes)
6. Triscuits or other whole grain cracker with hummus or other bean spread
7. Whole grain crackers with peanut, cashew, or almond butter
8. Consider Light and Lively cottage cheese in individual 4 oz 6-pack
9. Yogurt and fruit or yogurt alone.
10. Pudding made with low-fat or skim milk
11. Fresh or frozen fruit chunks with a yogurt dipping sauce (1 large carton plain or vanilla yogurt with 1 TBSP powdered sugar, mixed well)
12. Fruited gelatin prepared with canned fruit (in juice, drained) Plain or low fat yogurt with fruit blended in
13. Banana Split prepared with banana, low fat vanilla pudding and sprinkles
14. Ants on a picnic table — graham cracker with-peanut butter and raisins
15. Sliced apple with cheese
16. Pretzels with peanut butter
17. Fruit or vegetable cabobs

18. Tortillas with low fat shredded cheese & salsa, cut up into bit size pieces and warmed in toaster oven or microwave (for a very short time)

19. Gently steamed vegetables with low fat salad dressing or salsa dip

20.Peanut Butter Tea Sandwiches — raisin bread with peanut butter cut into triangles