

Snacks For The Teeth
Snacks for Total Health
Snacks for The Fun Of It

Juicy

Oranges
 Grapefruits
 Blackberries
 Strawberries
 Blueberries
 Tangerines
 Plums
 Peaches
 Apricots
 Cantaloupe
 Watermelon
 Other Melons
 Fresh Pineapple
 Apples
 Pears
 Kiwi
 Canned Fruit (packed in
 fruit, not heavy syrup)
 Tomatoes

Crunchy

Carrots
 Radishes
 Turnips
 Raw Potato
 Cabbage Wedges
 Green or Red Peppers
 Celery
 Cucumbers
 Lettuce
 Mushrooms
 Broccoli
 Raw Spinach
 Cooked Fiddleheads - Cold
 Popcorn
 Corn Nuts

Thirsty

Water
 Lowfat Milk
 Skim Milk
 100% Unsweetened Juices:
 Orange
 Grapefruit
 Apple
 Grape
 Pineapple
 Tomato Juice
 Milk Shake

Hungry
(More Substantial Snacks)

Eggs – Hard Boiled or Deviled
 Lowfat Plain Yogurt
 Cheese Cubes or Lowfat Cottage Cheese
 Nuts
 Pizza
 Sunflower Seeds
 Pumpkin Seeds
 Squash Seeds

Pretzels (low salt)
 Crackers (low salt)
 Chicken
 Turkey
 Whole Wheat or Enriched Bread
 Peanut Butter (unsweetened)
 Non-Sugared Dry Cereals
 Sesame Stix