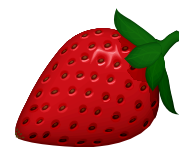


Healthy Snack Suggestions



The Employee Wellness Committee of the Palm Beach County Health Department has compiled a list of healthy snack suggestions to serve at meetings. It is not exhaustive but includes many tasty and healthy options.

Fresh fruit

Frozen or canned fruit packed in 100% juice

100% fruit juice

Vegetable juice

Low-fat yogurt

Low-fat cheese sticks

Whole wheat breads and cereals. (Consider small cereal boxes)

Small or mini bagels (whole wheat if possible)

Fruit spreads such as apple butter

Low-fat cream cheese, plain or flavored

Fruit toppings for cereals such as raisins, dried fruit mix, bananas, sliced peaches, etc.

Hard boiled eggs

Pretzels (unsalted if possible)

Unsalted nuts (almonds, walnuts, peanuts, etc.)

Granola bars

Animal crackers

Vanilla wafers

Gingersnaps

Rice cakes

Melba toast

Popcorn

100 calorie snack packs

Coffee

Tea, black, green or herbal

Offer fat-free milk in addition to half 'n half (or fat-free half 'n half) for coffee and tea

Chilled water

Infused water using lemon, lime or orange slices or parsley and cucumbers, etc.