



Eat right. Be active. Get healthy.

## LET'S GO! TAKES 5-2-1-0 TO SCHOOL

# Suggestions for Nutritious Snacks

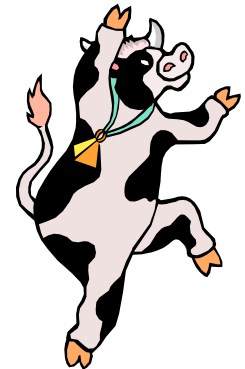
### BEVERAGES

- Water
- Seltzer
- Low-fat milk



### LOW-FAT DAIRY

- Milk
- Yogurt
- String cheese
- Yogurt smoothie
- Frozen yogurt



### WHOLE GRAINS

- Granola bars  
(avoid candy-type bars)
- Rice cakes
- Pretzels
- Graham or animal crackers
- Cereal with or without milk
- Popcorn



### FRUITS and VEGETABLES

- Apple slices
- Bananas
- Fresh berries
- Applesauce
- Melon balls
- Orange sections
- Raisins
- Celery sticks with  
peanut butter
- Sliced colored peppers with hummus
- Baby carrots or cucumbers with low-fat dip



### **Tips to make it easy:**

1. Prepare snacks ahead of time if you can or simply buy pre-packaged, snack-size portions
2. Canned or frozen fruits and vegetables, packed in their own juice or water, are healthy and don't cost much money

For more information, visit [www.letsgo.org](http://www.letsgo.org)

The Barbara Bush  
Children's Hospital  
At Maine Medical Center

