

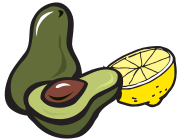
Nutritious Snack Choices



apples



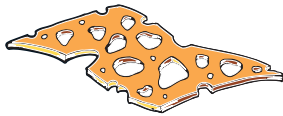
grapes



avocado slices
with lemon



hummus and red
pepper slices



cheese



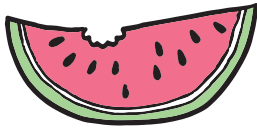
100%
whole-wheat
crackers



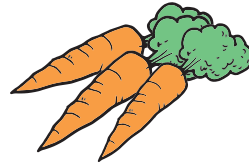
whole-grain
cereal



100%
whole-wheat
English muffins



melon



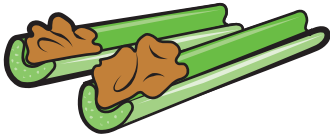
carrots



100%
whole-wheat
toast



cucumber
slices



celery sticks
with peanut butter



plain
yogurt



multigrain
bagel



orange

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).



100%
whole-wheat
pretzels



almonds



strawberries



blueberries



roasted turkey
sandwich on 100%
whole-wheat bread