

Carrot sticks • Turkey slices • Strawberries
 • Vegetable soup • Graham crackers •
 ½ grapefruit • Hard-boiled egg • Watermelon
 chunks • Apple slices with peanut butter •
 • Orange slices • Light fruit yogurt • Jerky
 • Blueberries • Kiwi • Pear
 • Almonds • Pretzels
 Banana • Peach •
 • Raisins • Almonds •
 Sherbet • Dried fruit
 • Plain • Animal
 popcorn • crackers •
 • Cottage • String
 Cheese • cheese •
 • Broccoli with low-fat dip • ½ Bagel with
 low-fat cream cheese • Trail mix • Fruit salad
 • Vanilla wafers • Pumpkin seeds • Peanut
 butter on celery • Raspberries • Sugar-free
 pudding • Green salad with low-fat dressing
 • Baked potato chips • Sugar-free sorbet •
 Whole-grain toast with jam • Fruit smoothie
 • Non-fat frozen yogurt • Sunflower seeds •
 Unsweetened applesauce • Frozen grapes •
 Cup of low-fat milk • Cucumber slices •
 Celery sticks • Granola bar • Frozen banana



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