



Boayne Falls Healthy Snack List


Remember the food rules:
**EAT FOOD, NOT TOO MUCH,
MOSTLY PLANTS**

Fresh Snacks:

Veggies with dip
Fresh fruit
Fruit kabobs
Apple slices/celery with peanut butter
Yogurt with added fresh fruit

Processed Snacks:

Junkless granola bars
String cheese
Popcorn
Beef jerky/Turkey sticks
Trail mix (nuts, dried fruit, maybe some dark chocolate)
Dried fruit (look for products without added sugar)
Goldfish (whole grain)
Cheez its (whole grain)
Pretzels (whole grain)
Belvita Breakfast Cookies
Fruit cups in 100% juice
Unsweetened applesauce (homemade is super easy and would be a special treat)



Look for snacks with wheat as the first ingredient; Avoid TRICKY marketing; Pay attention to portion sizes (even on prepackaged items)

