



Suggestions for Nutritious Snacks

TAKE A LOOK HERE ▼



square meals

A Program of the Texas Department of Agriculture's Food and Nutrition Division

RECOMMENDATIONS FOR HEALTHY SNACKS AT SCHOOL AND AT HOME

BEVERAGES

- Fruit juices
- Fruit smoothies
- Milk (non-fat or low fat, plain or flavored)



FRESH FRUITS AND VEGETABLES

- Fresh seasonal fruit
- Carrots, broccoli and cauliflower with low fat dip or salad dressing



LOW FAT GRAIN FOODS

- Pretzels
- Animal crackers
- Graham crackers
- Wheat crackers
- English muffin (whole wheat)
- Rice cakes or mini rice cakes (flavored)
- Baked tortilla chips with salsa
- Fruit or grain muffin (low fat)
- Dry cereal (individual servings)
- Bagel (half)
- Fig bars
- Vanilla wafers



ADDITIONAL TREATS

- Fruit snacks
- Fruit pico
- Fruit grain bars
- Frozen fruit bars
- Fat-free popcorn (94% fat-free)
- Peanut butter and crackers
- Low fat string cheese
- Fruit, nut and/or grain trail mixes
- Corn-on-the-cob with paprika or chili powder



Please call (888) TEX-KIDS or visit www.squaremeals.org for more information.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

TDA M(N) 594 07/04



Sugerencias para Bocadillos Nutritivos



square meals

A Program of the Texas Department of Agriculture's Food and Nutrition Division

MIRE AQUÍ ▼

RECOMENDACIONES PARA BOCADOS NUTRITIVOS EN LA ESCUELA Y EN LA CASA

BEBIDAS

- Jugos de fruta
- Licuados de fruta
- Leche (sin grasa o baja en grasa, regular o de sabor)



FRUTAS Y VEGETALES FRESCOS

- Fruta fresca en estación
- Zanahoria, brócoli y coliflor con salsa o aderezo bajo en grasa



ALIMENTOS DE GRANO BAJOS EN GRASA

- Pretzels (galletas saladas tostadas en forma de nudo)
- Galletas en forma de animales
- Galletas graham
- Galletas de trigo
- Bollo inglés (de trigo entero)
- Tortas o tortitas de arroz pequeñas (de sabor)
- Totopos horneados con salsa
- Bollo de fruta o grano entero (bajo en grasa)
- Cereal seco (porciones individuales)
- Panecillo (mitad)
- Barras de higo
- Galletitas de vainilla



DELEITES ADICIONALES

- Bocadillos de fruta
- Pico de fruta
- Barras de fruta y grano
- Barritas de fruta congeladas
- Palomitas de maíz sin grasa (94% libres de grasa)
- Galletas con mantequilla de cacahuate (maní)
- Tiras de queso blanco bajo en grasa
- Mezclas de fruta, nueces y/o grano
- Maíz en mazorca (elote) con paprika o polvo enchilado



Por favor llame al (888) TEX-KIDS o visite www.squaremeals.org para más información.