Delicious Snacks!

- Pumpernickel bread and a tangerine
- Bran muffin and low-fat milk
- Cinnamon rice cake and a peach
- Whole-wheat toast with a sliced tomato
- Waffle square and strawberries
- Graham crackers and a pear
- Raisin toast and peanut butter
- Pita bread and hummus

- Gingersnaps and applesauce
- Whole-wheat breadsticks and marinara sauce
- Toasted English muffin and low-fat cheese
- Whole-grain cereal and low-fat milk
- Cinnamon toast and a plum
- Toasted bagel and orange slices
- Corn tortilla and refried beans
- Whole-grain crackers and cheese

- Low-fat yogurt and fruit
- Cottage cheese with crushed pineapple
- Cucumber and carrot slices and cottage cheese dip
- Rice cakes and peanut butter
- Cut up vegetables with a package of ranch dressing mixed into cottage cheese
- String cheese and celery
- Broccoli bean quesadilla

**REMEMBER:**

- Check your meal pattern for serving sizes.
- Serve water with all snacks.

Adapted from Healthy Heart Snack Choices Resource

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