



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)



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



FRESH FRUITS AND VEGETABLES

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



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.

Square Meals is the Texas Department of Agriculture's school nutrition education and outreach program, funded by the U.S. Department of Agriculture, Food and Nutrition Service.

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, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

TDA M(N) 594 11/06



Sugerencias para Bocadillos Nutritivos



square meals

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

RECOMENDACIONES PARA BOCADOS NUTRITIVOS EN LA ESCUELA Y EN LA CASA

MIRE AQUÍ

BEBIDAS

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



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



FRUTAS Y VEGETALES FRESCOS

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



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 cacahuete (maní)
- Tiras de queso blanco bajo en grasa
- Mezclas de fruta, nueces y/o grano
- Maíz en mazorca (elote) con paprika o polvo enchilado



Small text at the bottom right corner.

Small text at the bottom right corner.

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