

HEALTHY EATING

Studies show that kids do better in school when they eat healthy food and get regular exercise. Here are some suggestions for nutritious snacks.

- Beverages: fruit juices, fruit smoothies, milk (non-fat, low-fat, plain or flavored).
- Low fat grain foods: pretzels, animal crackers, graham crackers, wheat crackers, whole wheat English muffin, rice cakes, baked tortilla chips, fruit or grain muffins (low fat), dry cereal, bagel, fig bars, vanilla wafers.
- Fresh fruits and vegetables: fresh seasonal fruit, raw vegetables such as: carrots, broccoli, cauliflower, celery.
- Additional treats: fruit snacks, fruit grain bars, frozen fruit bars, fat free popcorn, peanut butter and crackers, string cheese, fruit, nut and/or grain trail mixes, corn-on-the-cob.