

**Activity: Brainstorm healthy snack ideas you'd like to try. Mix + match two food groups for a balanced snack.**

## FRUIT

- strawberries
- banana
- blueberries
- watermelon
- pineapple
- cantaloupe
- grapes
- peaches
- nectarines
- clementines
- canned fruit
- pears
- apple slices
- frozen fruit
- persimmon
- cherries
- mango
- pomegranate
- honey dew
- raspberries
- black berries

## VEGGIES

- bell pepper slices
- sugar snap peas
- salad/greens
- baby carrots
- celery sticks
- cherry tomatoes
- radishes
- cucumber slices
- jicama
- snow peas
- cauliflower

## PROTEIN/ GRAINS

- string cheese
- hummus
- peanut butter
- nuts/seeds
- yogurt
- cottage cheese
- boiled eggs
- plain popcorn
- whole grain crackers
- whole grain bread

## WRITE YOUR IDEAS HERE!

ex. ants on a log (celery +  
peanut butter + raisins)



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group