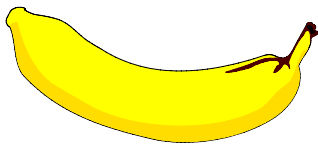
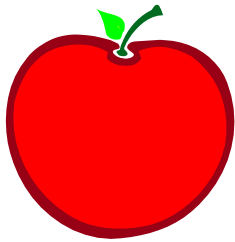
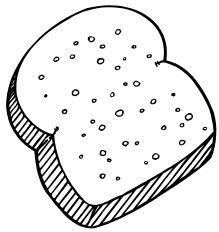


The Food Guide Pyramid

Snack Ideas



Fruits
Try fruits fresh, canned,
frozen, or dried

Fruit Juice
Apple Wedges
Apricots
Banana Chunks
Berries
Grapefruit Sections
Grapes
Melon Wedges
Nectarine Wedges
Orange Wedges or Wheels
Raisins

Vegetables
Try vegetables raw, canned, or frozen
Broccoli Pieces
Cabbage Wedges
Carrot Sticks
Celery Sticks
Cucumber Sticks or Slices
Green Pepper Rings or Slices
Rutabaga Strips
Sweet Potato Strips
Tomato Wedges or Cherry Tomatoes
Turnip Strips
Zucchini Strips

Milk & Cheese
Yogurt
Cheese Cubes
String Cheese

Bread, Cereal, & Pasta
Enriched Crackers
Graham Crackers
Whole Wheat Crackers
Cereal
Enriched or Whole Grain:
Bread
Biscuits
Cornbread
Muffins
Rolls

Meat, Poultry, Fish, & Eggs
Deviled Eggs
Hard Cooked Eggs
Meat Slices or Wedges
Tuna Salad

Dried Beans & Peas
Bean Dip
Peanut Butter
Bean Spread

Combinations
Miniature Vegetable Pizza
Cereal and Nuts
Peanut Butter Banana Balls
Toasted Cheese Finger Sandwiches

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