



Aamoth Family Pediatric Wellness Center Healthy Snack Choices

50-100 Calories	100-150 Calories	150-200 Calories
1 piece medium-sized fruit (apple, orange, banana)	5 saltines and 1 Tbsp peanut butter or 1 slice American cheese	1 piece medium-sized fruit with 1 Tbsp peanut butter
1 cup raw vegetables (carrots, celery)	1 cup canned lite peaches (in juice)	½ cup lowfat pudding with 2 graham squares
2 graham squares with 1 Tbsp jam	1 cup fat free/sugar free yogurt and ½ cup strawberries	1 cup tomato soup and 5 saltines
1 string cheese	1 lowfat granola/cereal bar	1 6-inch tortilla with 1 oz lowfat cheese (melted)
1, 1-oz bag pretzels	½ cup lowfat cottage cheese and ½ cup canned lite pineapple (in juice)	Smoothie made with 1 cup lowfat/sugar free yogurt, ½ cup skim milk, ½ cup fruit
8 baked corn chips or 5 saltines with ½ cup salsa	½ cup lowfat frozen yogurt	1 slice wheat bread and 1 Tbsp peanut butter
2-4 cups lite microwave popcorn	1 cup skim milk and 2 graham squares	¼ cup unsalted nuts (peanuts, almonds, walnuts)
1 rice cake with 1 Tsp peanut butter	5 celery sticks and 1 Tbsp peanut butter	Yogurt parfait made with 1 cup lowfat/sugar free yogurt, ½ cup dry cereal, ½ cup berries)
1 cup unsweetened applesauce	1 cup raw vegetables with 2 Tbsp lowfat ranch dressing	½ small bagel (3 inch long) with 1 Tbsp lite cream cheese and 1 Tsp jam
1 cup dry cereal	1 cup Cheerios® or Rice Krispies® cereal with ½ cup skim milk	*Tbsp means tablespoon *Tsp means teaspoon

To schedule an appointment with a MetroHealth pediatrician, call 216-778-2222.
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