

When searching for snacks, try to reach for foods without added sugars most of the time.

Use the chart below to make your plan for snacks this week.

Snack Plan

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Sunday:

Snack foods with low or no-sugar-added

Veggies - (Fresh, frozen, or canned)

Bell pepper
Broccoli
Carrot
Cauliflower
Cucumber
Sugar snap peas
Tomato

Fruits - (Fresh, frozen, or canned)

Apple
Apricot
Banana
Blueberries
Cantaloupe
Mango
Orange
Pear
Peach
Plum
Strawberries
Watermelon

Dairy Foods

Low-fat cheese
Low-fat milk
Low-fat yogurt
Low-fat cottage cheese
Calcium- fortified soy products

Protein Foods

Canned beans
Canned tuna
Peanut butter
Nuts

Whole Grains

Corn tortilla
Popcorn
Whole grain bread
Whole grain crackers
Whole wheat tortilla
WIC cereal