

EMPOWERING FOOD LIST

Fruits

Blueberries *Tip: Try freezing in yogurt!
Bananas
Oranges
Apples
Avocado
Fruit cups
Unsweetened Applesauce
Fruit Leathers
100% Juice Popsicles
Fruit Salad
Dried Fruit

Vegetables

Broccoli
Carrot Sticks/Baby Carrots
Celery
Cauliflower
Cucumber
Peppers
Snap Peas
Snow Peas
String Beans
Grape/Cherry Tomatoes
Yellow Squash Slices
Zucchini Slices
Salad

Grains

Whole wheat English Muffins
Whole wheat pitas
Whole wheat tortillas
Oatmeal
Whole grain cereal
Rice cakes
Low-fat Popcorn
Baked tortilla chips
Whole grain granola bars
Whole grain goldfish crackers
Whole grain crackers



Dairy

Low fat yogurt
Low fat go-gurt *Tip: Try Freezing!
Cheese
Cottage Cheese
Low fat pudding or frozen yogurt

Protein:

Protein shakes
Beans
Tuna
Hummus
Nut Butters *Tip: melt to dip or drizzle!
Low-sugar protein bars
Clif Bar Zbars
Almonds, other nuts
Chicken
Slim Jims/Beef or Turkey Sticks
Deli sliced turkey, ham or roast beef
Eggs *Read about the power of eggs [here](#).

Beverages:

Low fat or fat free milk
100% no sugar added Juice (apple, orange, tomato)
White Grape Juice
Water *Tip: Add fresh fruit or frozen fruit!

Other:

Nutella
Honey
Peanut Butter Crackers
Cheese Crackers

Here are some fun food combinations you can make together:

Smoothies

- Combine fresh fruit, yogurt or peanut butter, milk and ice!

Ants on a Log

- Celery sticks with peanut butter and raisins!

Apple Nachos

- Sliced apples with melted peanut butter and/or Nutella drizzled on top (a sprinkle of mini chocolate chips optional but encouraged!)

Veggie & Meat Pockets

- Choice of favorite meat, veggies and cheese in a whole grain pita!

Tortilla & Nut Butter Roll Ups

- Spread nut butter on a whole grain tortilla and roll it up (Option: add honey with the peanut butter or even sliced bananas!)

Make your own Trail Mix

- Choice of Whole grain cereal, dried fruit and nuts!

Popsicles

- Combine favorite low fat yogurt and fruit in ice cube trays or reusable popsicle molds!

Hummus Tray

- Choice of hummus dips, veggies, whole grain crackers, and whole grain pita bread!

Charcuterie Board

- Choose meats, grains, veggies, fruits, nuts, cheese & dips from this list and design a snack tray/board for the day. A particularly fun thing to set out for your grazing teenagers who may be famished after school!