

# 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!