# **Healthy Simple Snack Ideas**

**A picture containing table, sitting, small, orange

Description automatically generatedA picture containing food, fruit, pasta

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**A picture containing drawing

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**A picture containing brush

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**Apple + String Cheese Reduced Fat Wheat Thins + Peanut Butter**

**A picture containing citrus, fruit, table, sitting

Description automatically generatedA bowl of fruit

Description automatically generatedA picture containing drawing, plate

Description automatically generated**

**A picture containing guitar

Description automatically generated**

**Any type of fruit Hard Boiled Egg**

**A picture containing drawing

Description automatically generated**

**A bowl of food

Description automatically generated**

**Carrots/Celery + Hummus Yogurt (can be dairy-free/**

**A close up of many different types of food

Description automatically generatedA picture containing food

Description automatically generated check for lowest sugar content)**

**Unsweetened Apple Sauce** **Granola/ handful of nuts**

A close up of a device

Description automatically generated**If you’re on the go and want healthier bar options, these are what a dietician has recommended….**

A picture containing food

Description automatically generated

**RX Bars LARABAR**

A picture containing sitting, food, table, yellow

Description automatically generated



A close up of a logo

Description automatically generated **Perfect Bar Oatmega**

**A picture containing food

Description automatically generated**

**Health Warrior Chia Bar 22 Days Nutrition Bar**