

THIS VS THAT

FOR SNACKS

Kids are often hungry for snacks after school and throughout the day. Here are some examples of healthier snacks that will fuel their energy, not drain it away.

MaineHealth

LET'S GO!

5-2-1-0

SERVE THIS:

✓ Popcorn



✓ Whole grain cracker



✓ Whole wheat pita



✓ Dried fruit



✓ Yogurt



✓ Trail mix



✓ Fruit smooth



INSTEAD OF:

✗ Goldfish



✗ Ritz crackers



✗ Pretzels



✗ Fruit snacks



✗ Pudding



✗ Chex mix



✗ Ice cream

