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Heart-Healthy Snacks

Fruits

Grapes
Frozen Grapes
Apples
Bananas
Watermelon
Kiwi Slices
Blackberries
Blueberries
Peaches
Pineapple Spears

Raisins
Craisins
Baked Apples
Dried Banana Chips
Dried Apple Slices
Dehydrated Mangoes

Nuts

Sunflower Seeds Unsalted
Peanuts Unsalted
Almonds Unsalted
Walnuts Unsalted
Cashews Unsalted

Drinks

Fruit Juice Smoothie
Fresh Fruit Juice

Dairy

Cheerios with Skim Milk
Fat Free Cheese
Low Fat Yogurt
Greek Nonfat Yogurt

Others

Cucumber Salad
Sugar Free Jell-O
Low Fat Peanut Butter
Plain Cheerios
Fresh Fruit Salad
Veggie Sticks and Hummus
Trail Mix Unsalted
Rice Cakes
Canned Fruit Unsweetened

Veggies

Chickpeas
Cucumber Slices
Kale Chips
Zucchini Slices
Broccoli
Cauliflower
Cherry Tomatoes
Green Pepper Sticks
Celery Sticks
Carrots
Radishes