



SNACK TIME

BUILD A BALANCED SNACK

CHOOSE ONE FROM EACH GROUP

WHOLE GRAIN CARBOHYDRATES

4-6 Whole grain crackers

*Small handful of pretzels

1 brown rice cake

*1/2 whole grain pita

1/2 whole grain tortilla (6")

1/2 whole wheat wrap

*1 cup popcorn

1/2 cup whole grain cereal

*1/2 whole grain muffin

1/2 cup cooked oatmeal

*1 granola bar

*1 whole grain toaster waffle

1/2 slice whole grain toast

*1/2 whole grain English muffin

*4 whole grain tortilla chips

PROTEINS & HEALTHY FATS

*2 Tbsp hummus

*1/4 cup nuts

1/4 cup cubed cheese

1 hardboiled egg

1/2 cup Greek yogurt

*1/2 cup cottage cheese

1 Tbsp peanut butter

*1 Tbsp almond butter

1/4 small avocado

*2 slices low sodium turkey

1 string cheese

*1/2 scoop protein powder

*1/4 cup cubed chicken

1/2 cup roasted chickpeas

1/2 cup milk

FRUITS & VEGETABLES

Carrot or celery sticks

Cucumber slices

Grapes

Cauliflower florets

Red pepper slices

Banana

Apple slices

2 'cutie' oranges

Sugar snap peas

Cherry tomatoes

1/2 cup fresh berries

*1/2 cup lite canned fruit

*2 Tbsp salsa

*1/4 cup dried fruit or raisins

1/2 cup frozen fruit



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*Not WIC Approved

