



Snack List

Recommended snacks

Hard cheese
Fresh fruits
Vegetables
Yogurt
Popcorn & pretzels
Beef jerky
Sugarless chewing gum
Nuts & sunflower seeds
Fruit popsicles
Plain milk
Rice cakes
Cheerios

Things to avoid

Raisins and dried fruits
Fruit roll-ups & chew fruit snacks
Juice
Sticky candy
Chips of any kind
Soda
Graham crackers/cookies
Sports drinks
Gummy bears/worms
Chewy granola bars
Pre-sweetened cereals
Fruits canned in syrups