Smart Snack Bag Ideas

Animal crackers * Cute shapes for a sweet taste. Enjoy one by one.
Bagels * Chewy carbohydrates! Try the mini ones.
Bagel chips * Crispy carbohydrates!
Cereals * Pour into a baggie from home.
* Buy little boxes. Some can be used as a bowl – just cut open and add milk.
* Don’t forget instant oatmeal. Mmmm.
Cheese * Keep a couple of cracker and cheese packs tucked away.
Crackers * Lots of choices: saltines, bread sticks, whole-wheat, cheese, reduced fat.
Dry soup/noodles * Just add boiling water.
Fruit * Oranges and apples keep well for many days. Delicious!
* Dried fruit is a sweet pick-me-up. Raisins, dried apricots, prunes . . . .
* Single-serving cans are a good back-up.
Graham crackers * Plain! Cinnamon! Chocolate! All satisfy that desire for a bit of sweet.
Granola bars * Tasty! Enjoy bite by bite.
Hard candy * Keep a variety on hand.
Nuts * Very filling. Savor and enjoy one by one.
Peanut butter * Keep a knife and a little jar on hand to spread a thin layer on crackers.
Popcorn * Several tasty microwave versions. Lots of filling fiber.
Pudding * Ready-to-eat types are creamy sweet treats.
Pretzels * Crunchy, crispy satisfaction. And little or no fat!
Rice cakes * Lots of flavors. The mini sizes are super handy.
Veggie juice * Tomato and spicy vegetable varieties are a tasty break from sweets.

Water: Drink plenty all day. Thirst is often misinterpreted as hunger!

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