



Healthy Snacks

Below is a list of the snacks that may be enjoyed in moderation. As with anything else, ***the key is moderation!***

Sweet Snacks

- Yogurt
 - Yoplait Ultra
 - Yoplait Light Fat Free
 - Dannon Light 'n Fit Carb Control
 - Dannon Light 'n Fit 0% Fat
- Pudding and gelatin
 - Sugar Free JELL-O
 - JELL-O Fat Free Sugar Free Pudding
- Quaker Rice Cakes
 - Salt Free - topped with:
 - ⌚ Polaner Sugar Free Preserves
 - ⌚ Smucker's Natural Peanut Butter with Honey
 - Chocolate Crunch
 - Peanut Butter
 - Apple Cinnamon
 - And more!
- Cereal
 - General Mills Total Protein
 - Post Carb Well
 - Kashi Go Lean
 - Kashi Heart to Heart

Salty Snacks

- Popcorn
 - Jolly Time Healthy Pop Butter Flavor
 - Orville Redenbacher's Smart Pop Butter Flavor
- Quaker Rice Cakes
 - White Cheddar
- Frito-Lay Baked! Chips
 - Baked Doritos Nacho Cheesier Flavor Tortilla Chips
 - Baked Doritos Cooler Ranch Flavor Tortilla Chips
 - Baked Lay's KC Masterpiece® BBQ Flavor Potato Crisps