

BRONX HEALTHY HEARTS

Getting to the Heart of Healthy Living
Acérquese al corazón de la vida sana



Recommended Snack List

Fruits and Vegetables:

(Fresh, dried or canned)

Apple
Banana
Berries
Grapefruit
Grapes
Kiwi
Mango
Melon
Nectarines
Orange
Papaya
Peaches
Pear
Pineapple
Raisins
Strawberries
Watermelon
Broccoli
Carrot sticks
Cauliflower
Celery sticks
Cucumber
Cherry or grape tomatoes
Squash
Sweet pepper slices
 Green
 Red
 Yellow
Zucchini

Dairy Snacks:

Low fat yogurt
Low fat cottage cheese
Low fat cheese cubes or slices
Low fat string cheese

Other Snack Foods:

Cereal bars (without candy)
Granola bars (without candy)
Mini bagels
Baked pita chips
Baked bagel chips
Pretzels
Low-fat popcorn
Soy crisps
Sun Chips
Goldfish Crackers
Baked potato chips
Baked tortilla chips

Drinks:

Water
100 % fruit juice
Unsweetened low fat (1%) or skim
milk

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Comidas de Merienda Recomendadas

Frutas y Vegetales:

(Frescas, secas o enlatadas)

Manzana

Banana

Brocoli

Fresas, frambuesas, moras etc.

Toronja/pomelo

Kiwi

Mango

Melón

Uvas

Nectarina

Naranja

Papaya

Pasas de uvas

Durazno

Pera

Piña

Sandía

Tomates

Apio

Coliflor

Calabaza

Calabazita Italiana (Zucchini)

Pepino

Zanahorias

Pimiento:

Verde

Rojo

Amarillo

Merienda de productos lácteos:

Yogurt baja en grasa

Cottage cheese baja en grasa

Queso baja en grasa en cubitos

String cheese

Otros comidas de merienda:

Cereal bars (sin dulces o chocolate)

Granola bars (sin dulces o chocolate)

Mini bagels

“Baked” (al horno) pita chips

“Baked” (al horno) bagel chips

Pretzels

Baja en grasa popcorn

Soy crisps

Sun Chips

Goldfish Crackers

“Baked” chips de papas (al horno)

“Baked” tortilla chips (al horno)

Bebidas:

Agua

100 % jugo de fruta

Leche baja en grasa (1%) o skim (sin-grasa) sin azúcar agregada (por ejemplo chocolate, fresa o v