



# HEALTHY SAFE NUT-FREE SNACK IDEAS



## FRESH FRUITS & VEGETABLES

- APPLE
- BANANA
- CARROTS
- CELERY
- MANGO
- PEAR
- GRAPES
- STRAWBERRIES
- BLUEBERRIES
- RASPBERRIES
- ORANGES
- PEACHES
- PLUMS
- GRAPEFRUIT
- AVOCADO
- PINEAPPLE
- PAPAYA
- STAR FRUIT
- POMEGRANATE
- SWEET POTATO (WITH CINNAMON)
- FIGS
- HONEYDEW MELON
- CANTALOUPE
- WATERMELON
- BLACK BEANS
- PINTO BEANS
- LIMA BEANS
- CHERRIES
- EDAMAME
- SUGAR SNAP PEAS
- GREEN BEANS
- SLICED BELL PEPPERS
- WEDGE OF CABBAGE
- CUCUMBER
- JICAMA
- CAULIFLOWER
- BROCCOLI
- LENTILS
- GARBANZO BEANS
- CHERRY TOMATOES
- SNOW PEAS

## 100% WHOLE-GRAIN SNACKS

- TRISCUITS
- OATMEAL
- SHREDDED WHEAT (POST OR EARTH FARE BRAND)
- ARROWHEAD MILLS PUFFED CEREAL
- CRUNCH MASTER MULTI-SEED CRACKERS
- TRADER JOE'S WOVEN WHEAT WAFERS
- STREIT'S WHOLE-WHEAT MATZO CRACKERS
- DOCTOR KRACKER SEEDED SPELT CRACKERS
- KASHI 7 GRAIN FROZEN WAFFLES
- WILD RICE CAKES
- RYVITA RYE VARIETIES
- WHOLE-WHEAT OR BROWN RICE PASTA
- EDWARD SONS BROWN RICE SNAPS
- KOYO BRAND ORGANIC BROWN RICE CHIPS
- FINN CRISP THIN RYE CRISPBREAD
- LUNDBERG BROWN RICE CAKES
- REAL FOODS CORN THINS
- WASA RYE CRISPBREAD VARIETIES
- KASHI HEART TO HEART WHOLE GRAIN CRACKERS
- HT NATURALS ORGANIC BROWN RICE (GOOD WITH BITS OF AVOCADO AND SOY SAUCE)
- HT NATURALS WHOLE WHEAT COUSCOUS

## DRIED AND CANNED FRUITS

- GOGO SQUEEZE APPLESAUCE
- UNSWEETENED RAISINS
- TRADER JOE'S FRUIT LEATHERS OR FLAKES
- TRADER JOE'S FIBERFUL FRUIT BARS
- TRADER JOE'S ORGANIC FRUIT WRAPS
- BUDDY FRUITS
- CLIF KID ORGANIC TWISTED FRUIT ROPE
- TRADER JOE'S DRIED BABY SWEET PINEAPPLE
- TRADER JOE'S FREEZE DRIED FRUITS
- TRADER JOE'S VACUUM DRIED PINEAPPLE OR BANANA CHIPS
- COSTCO – BROTHERS ALL NATURAL CRISP (DRIED FRUIT)
- TRADER JOE' ROASTED SEAWEED SNACK
- NOTHING BUT BANANA FLATTENED
- DRIED APPLE RINGS
- NATIVE FOREST ORGANIC MANDARINS, PAPAYA CHUNKS, MANGO CHUNKS OR PINEAPPLE
- MADE IN NATURE DRIED APRICOTS, APPLES, MISSION FIGS
- ALL FUNKY MONKEY FREEZE DRIED FRUIT VARIETIES
- ORGANIC JUST CHERRIES, MANGO, BLUEBERRIES, STRAWBERRIES, APPLES, STRAWBERRIES 'N BANANAS, PEAS, OR VEGGIES
- EDEN ORGANIC DRIED CRANBERRIES, BLUEBERRIES, OR CHERRIES

## OTHER "REAL FOOD" SNACKS

- CHEESE
- PLAIN YOGURT WITH A LITTLE HONEY
- RAW SESAME OR PUMPKIN SEEDS
- HARD-BOILED EGGS
- GORAW LIVE "GRANOLA BAR" OR "PUMPKIN BAR"
- BELLA FAMIGLIA OLIVES
- ORGANIC DIVINA OLIVES
- MEDITERRANEAN ORGANIC OLIVES
- GAEA KALAMATA OLIVES

