

Feed your imagination !

Choose some **fruits** **vegetables** and **cheese** for your snack !

LIST OF HEALTHY SNACKS



Fruits



Pineapple
Apricot
Banana
Blueberries
Cantaloup
Carambola
Cherries
Clementine
Fresh figs
Strawberries
Raspberries
Currants

Kiwi
Litchis
Mandarines
Mango
Honeydew melon
Water melon
Blackberries
Nectarine
Orange
Grapefruit
Papaya
Peach

Pear
Pomelo
Apple
Prunes
Plums
Grapes
Fresh fruit salad
Tangerine
Etc.

Non-sweetened canned fruits

Apricots
Pineapple
Mandarines
Peaches
Pears
Fruit salad
Etc.

Stewed non-sweetened fruits

Non-sweetened fruit puree



Vegetables



Sticks

Carrot
Celery
Peppers : red, green, etc.
Turnip
White turnip

Whole

Mushrooms
Yellow or green beans
Mini carrots
Sweet peas
Radish
Cherry tomatoes

Branches

Brocco-flower
Broccoli
Cauliflower

Slices

Avocado
Cucumber
Zucchini
Tomato

Canned vegetables

Hearts of palm
Corn

Vegetable juice

Carrots
Vegetable
Tomato

Cheese and milk products



Cheese slice
Sticks
Cubes
Curds
etc.

Non-flavoured milk
cow,
goat,
soya,
etc.



CAUTION ! Dried fruits and fruit juices are not recommended because they cause cavities.