



**1 packet of low-fat string cheese**



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**1 handful of salted, mixed nuts**



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## Low-fat or fat-free yogurt, small container



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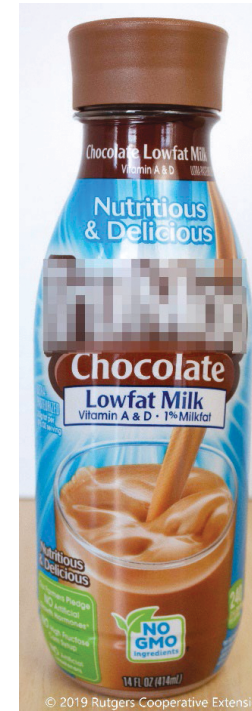


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## 1 cup of low-fat chocolate milk



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**1 hardboiled egg**



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**1 handful of whole wheat crackers**



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## **1 handful of unbuttered, salted popcorn**



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## **1 handful of salted sunflower seeds**



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**1 small bag of baked chips**



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**1 apple**



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**1 cup of canned fruit in 100% juice**



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**1 cup of unsweetened applesauce**



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**1 handful of any dried fruit**



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**1 banana**



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**1 orange**



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**1 pear**



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**1 cup of whole grain cereal  
(with or without low-fat or fat-free milk)**



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**1 cup of low-fat or fat-free pudding**



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