## Whole Grain & High-Fiber (2 or more g/serving) Snacks



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--- baked whole grain corn or whole grain flour tortilla chips
                ••• whole-grain ridged chips
                 --- multi-grain cereal bars
                      granola bars
•••oatmeal raisin cookies with > 2 g fiber/serving on their label
           •••fig cookies and fig mini-size cookies
    trail mix (with or without nuts or sunflower seeds)
              dry-roasted sunflower seeds
                 dry-roasted soy beans
    •••bran multi-grain crackers and multi-grain crackers
                  ---whole-wheat Matzos
     ... whole-grain pretzels & whole-grain soft pretzels
  ... whole grain cereals, bran cereals or bran flake cereals
                  ---woven wheat crackers
              rice cakes or brown-rice cakes
              ---thin crisp whole grain crackers
                  ---whole-grain crackers
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For more information, go to: <a href="http://www.wholegrainscouncil.org/">http://www.wholegrainscouncil.org/</a>

••• microwave popcorn (ideally low-fat); ready-to-eat popcorn with hull