

## CRUNCHY CRACKER OR RICE CAKE TREATS

Crackers and rice cakes: Whole-grain crackers, nut crackers, or rice cakes (see Better Choices Grocery List)

Spreads: Tuna salad, egg salad, chicken salad, turkey salad, cream cheese (low-fat) and olives, hummus, nut butter, white cheese of choice (low-fat), cottage cheese (low-fat), salsa, bean dip, spinach dip, chili.