Top 10 Snack Staples You Need at home!

The Plum Pantry

Instagram @family.snack.nutritionist | Facebook @theplumpantry

1. Dried fruit (for example: Raisins, apricots, dates)
2. Fresh fruit (for example: Bananas, apples)
3. Whole grain/whole wheat bread (keep in the freezer) and/or whole grain crackers (low/no salt)
4. Cereal (for example: Oats, Weetabix, grape nuts)
5. Peanut butter (check the ingredients, look for peanuts only, or peanuts and salt)
6. Yogurt (plain)
7. Cheese (sliced and/or shredded)
8. Dark chocolate (yes, the dietitian said it)
9. Popcorn kernels (invest in a popcorn popper see my pick here, or even a brown paper bag in the microwave will do it) *
10. Canned fish (for example: Light chunk tuna, salmon with bones, sardines with bones)

* Remember, popcorn is a choking hazard for kids <4.

If you have questions, join me in my Instagram stories **@family.snack.nutritionist**

I open a question box each Sunday in my stories and answers your nutrition questions during the week. Please join me!

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