

# Deaconess Snack Ideas for Pregnancy



<p>1/4 cup of Hummus 1 cup Raw Vegetables 1 6-inch Pita Bread., sliced</p>	<p>8 ounces Low Fat Plain Yogurt 1/2 cup Blueberries 1/4 cup Granola</p>	<p>5 Graham Cracker Squares 2 Tbsp. Peanut Butter 1 cup Fat-free or Low-fat Milk</p>
<p>1/2 cup Cottage Cheese 1/2 cup Peaches 6 Whole Wheat Crackers</p>	<p>6 Triscuit Crackers 2 ounces Cheddar Cheese 1 cup 100% Juice</p>	<p>Whole Wheat English Muffin 2 Tbsp. Pizza Sauce 2 ounces Low-fat Mozzarella</p>
<p>3/4 cup High-Fiber Cereal 1 medium Banana 1 cup Fat-free or Low-fat Milk</p>	<p>1 cup Trail Mix (Variety of Nuts &amp; Dried Fruit)</p>	<p>Bran Muffin 8 ounces Greek Yogurt 1 cup Strawberries</p>
<p>3 cups Popped Popcorn 1 ounce String Cheese</p>	<p>Whole Wheat Bagel 2 Tbsp. Low-fat Cream Cheese 1 Orange</p>	<p>15 Pretzels 1 ounce of Cheese 15 Grapes</p>