Asparagus

Beets

Broccoli

Carrots
Cauliflower
Celery
Corn
Cucumber
Eggplant  
Green Peppers  
Lettuce  
Onions
Peas

Radish

Red Pepper

String Beans
Sweet Potato

Tomato

Yellow Pepper

Zucchini
Apple

Banana

Blueberries

Cantaloupe
Cherries

Green Grapes

Kiwi

Orange
Papaya

Peach

Pear

Pineapple
Purple Grapes  Raspberries

Strawberry  Watermelon
Low-Fat Cheddar Cheese

Low-Fat Cottage Cheese

Low-Fat Milk

Low-Fat String Cheese
Low-Fat Swiss Cheese

Low-Fat Yogurt

Carrots and Hummus

Low-Fat Yogurt and Fruit
Smoothie
(Low-Fat Yogurt, Low-Fat Milk and Fruit)

Vegetables and Yogurt Dip

Peanut Butter and Apple

Low-Fat Milk and Strawberries