

## Easy, Tasty Foods to Eat While You Pump! Choose from each group.

### Group 1: Foods High in Protein



- Cheese or cheese cubes
- Thicker yogurt
- Peanut butter
- Almond butter
- Hard-boiled egg
- Meat-stuffed boiled dumplings
- Hummus or Baba Ghanouj (eggplant dip)
- Nuts and Seeds
  - Almonds
  - Walnuts
  - Sunflower seeds
- Deli Meat Slices
  - Turkey
  - Chicken
  - Roast beef
  - Low-sodium ham

### Group 2: Foods with Grains

- Whole grain crackers
- Pretzel sticks
- Sliced pita
- Whole grain rice cakes
- Whole grain English muffin or bagel
- Whole grain flour or corn tortilla
- Whole grain bread
- Mixed cereal in a bag:
  - Wheat chex
  - Toasted oats
  - Mini wheats

### Group 3: Fruits and Vegetables

- Any combination of prepared vegetables
  - Celery sticks
  - Carrot sticks
  - Pepper slices
  - Cucumber slices
  - Tomato slices
  - Radishes
  - Olives
- Any combination of prepared fruit
  - Apple slices
  - Peach slices
  - Cut-up cantaloupe
  - Cut-up watermelon
  - Orange slices
  - Strawberries
  - Seedless grapes
  - Banana or plantain slices
- Dried fruits (Look for options with no added sugar.)
  - Raisins
  - Apricots
  - Prunes
  - Plantains
- Any combination of canned, frozen, or dried beans
  - Kidney beans
  - Pinto beans
  - Chickpeas
  - Lima beans
  - Soy beans
  - Fava beans



## Putting Tasty Foods Together

- Guacamole with diced tomatoes spread on a whole grain tortilla, folded in half and sliced
- Cold slice of whole grain, thin-crust pizza with vegetable toppings
- Peanut butter spread on a corn tortilla and rolled around a banana
- Quartered cheese sandwich on whole wheat bread
- Cereal mixture in a bag (such as wheat chex and toasted oats)
- Glass of low-fat milk with cut-up fresh fruit
- Cheese cubes with dried fruit
- Hard-boiled egg with a handful of cherry tomatoes
- Whole grain pita with Baba Ghanouj
- Sliced turkey rolled-up with a handful of grapes
- Handful of almonds with raisins
- Whole grain rice cake with cheese spread
- Carrot and cucumber slices with hummus
- Vegetable sushi rolls
- Whole wheat English muffin with peanut butter
- Whole grain crackers with cheese slices
- Boiled pork dumplings with apple slices
- Sunflower seeds with dried plantains and a slice of cheese
- Strawberries and apple slices with yogurt dip
- Pita stuffed with slice of cheese and cucumber slices
- Slice of cornbread with a glass of low-fat milk
- Pretzel sticks with hummus
- Apple and celery slices with peanut butter

