Concessions – Fruits and Vegetables

Some Healthy Options

* Try for < 200 calories/serving

1. Whole fresh fruit or vegetables (use lowfat dip as needed)
2. Applesauce cups- unsweetened
3. Canned fruit cups – in 100% juice
4. 100% frozen fruit bars or 100% juice frozen popsicles
5. Dried fruit – raisans, craisans, trailmix
6. Corn on the cob – grilled
7. Baked potatoes – toppings on the side: broccoli, cauliflower, cheese, butter, etc