

FCS-Friendly Snacks For Travel

Always check labels. Aim for 0–1 g fat per serving unless your care team says otherwise.

Fruits (Fresh or Packaged)



- » Apples, bananas, oranges
- » Grapes, berries
- » Cut fruit cups (in juice or water)
- » Unsweetened applesauce pouches
- » Dried fruit without added sugar or oils (check labels)

Low-Fat / Fat-Free Crunchy Snacks

- » Fat-free air-popped popcorn (no butter, spray, or oil)
- » Pretzels (plain)
- » Rice cakes
- » Low-fat crackers (≤ 1 g fat/serving)
- » Dry cereal (Cheerios[®], Rice Krispies[®], Cornflakes[®])

Grain-Based & Carbohydrate Snacks

- » Instant oatmeal packets (plain or low sugar; prepare with water)
- » Plain bagels or English muffins (dry or with fruit spread or fat-free cream cheese)
- » Low-fat bread or rolls

Sweet Snacks

(Check label for added fat. Limit how often you have these to avoid excess sugar intake.)

- » Fat-free fig bars
- » Fat-free cookies
- » Marshmallows
- » Mints

Drinks & Portable Calories

- » Fat-free smoothies (fruit-based only or made with fat-free yogurt)
- » Nonfat yogurt drinks

Shelf-Stable / Emergency Snacks

Keep these in a carry-on or backpack:

- » Applesauce pouches
- » Dry cereal in zip bags
- » Rice cakes
- » Pretzels
- » Fat-free snack bars (very limited options—check carefully)



Snacks to AVOID While Traveling

- » Nuts and nut butters
- » Trail mix
- » Chips
- » Chocolate
- » Cheese (unless know to be fat-free) or dairy snacks
- » Protein bars (most are high-fat)
- » “Keto,” “low-carb,” or “energy” snacks
- » Full fat cream cheese or full fat yogurt

If you are eating at a restaurant or have foods without a label, aim for foods known to be fat-free, such as fruit. For packaged foods, always check the food label for portions and grams of fat. Check out the **FCS restaurant guide**.

