

Healthy Snack Ideas



Snacks should range between 100-300 calories. This calorie level helps to satisfy hunger without spoiling your next meal. Read labels (serving size/calories) to help you with portioning. Try to include a fruit and/or vegetable in each snack.

- A small bowl of grapes. Freeze them for a cool treat on a hot summer day!
- Red, green, or yellow peppers with 3 TBSP hummus or black bean dip
- $\frac{3}{4}$ cup non fat plain yogurt with blueberries
- Nuts and dried fruit. Try cashews and raisins, almonds and dried cherries, or walnuts and apricots. Keep the serving size to about $\frac{1}{4}$ cup.
- Air popped popcorn (or low fat microwave popcorn) and an orange
- Blend $\frac{1}{2}$ a banana, $\frac{1}{2}$ cup of strawberries, and 1 cup soymilk for a quick smoothie
- Childhood flashback: "Ants on a Log!" Celery, natural peanut butter (2 TBSP), raisins. Yum!
- Small baked potato (try a yam or a sweet potato) and eat the skins! Use low fat cottage cheese or plain no fat Greek yogurt instead of sour cream.
- Whole wheat tortilla with mozzarella cheese and salsa
- A small salad with light dressing. Use dark greens like romaine, green or red leaf lettuce. Add veggies of your choice.
- Graham crackers (2 long squares) and a glass of skim milk
- Whole grain crackers (like Triscuit®) with a low fat string cheese or 1 wedge of Laughing Cow® cheese
- Two slices of deli turkey and one low fat string cheese
- Create your own trail mix (serving size- $\frac{1}{4}$ cup) - chocolate chips, raisins, bite size shredded wheat, your choice of nuts.
- Hardboiled egg with one slice of whole wheat toast
- One ounce of nuts (walnuts, almonds, peanuts, cashews, pistachios, etc).
- **Any fresh fruit or vegetable**
- Carrot sticks with low fat ranch dressing (1 TBSP)
- Sunflower seeds - the amount that would fit into your cupped hand (these are also great on salads).
- Frozen yogurt ($\frac{1}{2}$ cup) with 1 TBSP granola and some strawberries
- Apple slices and peanut butter (1-2 TBSP)
- Apple with 1 cup skim milk or 1 oz of cheese
- Banana and peanut butter (1-2 TBSP)
- Low fat cottage cheese and any fruit or vegetable
- Pudding made with 1% milk (serving size: $\frac{1}{2}$ cup)
- Oatmeal: $\frac{1}{2}$ cup, with 1 tsp honey and $\frac{1}{2}$ cup skim milk
- $\frac{1}{2}$ cup whole grain cereal (4 grams of sugar or less per serving) cereal with 1 TBSP of either raisins or Craisins®
- 1 cup vanilla soy milk and any fruit or vegetable
- $\frac{1}{2}$ a cantaloupe filled with $\frac{1}{2}$ cup lowfat cottage cheese
- $\frac{1}{2}$ turkey sandwich: (1 slice whole grain bread, 2 ounces lean turkey, 1 tsp light mayonnaise, assorted veggies)

