



Healthy Snack Ideas

- Bars (Kashi, KIND, Clif, luna, etc.) choose ones that have less than 200 calories, at least 3 grams fiber, less than 10 grams sugar and at least 5 grams protein
- Tortilla chips and salsa
- Low-sodium beef, bison or turkey jerky (Alberto naturals or Hy-Vee brand are good choices)
- String cheese and fruit
- Apple with peanut butter or almond butter
- Fruit and pretzels
- Carrots and hummus or any veggies with hummus
- Grape tomatoes or sugar snap peas or colored pepper strips and light or yogurt based salad dressing
- Celery stuffed with low-fat bean dip
- Frozen fruit bar (made from real fruit)
- Air-popped popcorn or light popcorn
- Dried fruit and string cheese
- Ready to eat whole grain cereal (Cheerios, wheat Chex, puffins) with low fat milk
- Greek yogurt cup
- Pear sliced and topped with cheese
- Whole grain toast with hummus
- Half a PB and honey sandwich
- Cottage cheese and fruit
- Instant oatmeal topped with 2 Tbsp walnuts
- Frozen yogurt
- Make a fruit smoothie (watch portions of fruit and add-ins)
- ¼ cup almonds or flavored almonds
- ¼ cup trail-mix and ½ cup milk
- Low sugar pudding or Jell-O cups
- Deli meat and wheat thins or whole grain crackers (Kashi, whole grain Ritz, Triscuts, etc)
- Rice cake with almond butter
- Hard-boiled egg and crackers
- 1% or skim boxed milk and graham crackers
- Graham crackers with nut butter
- ½ cup pistachios in the shell (take them out of the shell before eating)
- Hot chocolate with 1% or skim milk
- Grapes or strawberries with low fat whipped cream
- Whole wheat frozen waffle with nut butter and apple slices
- Applesauce or fruit sauce to go packets (i.e. GoGoSqueez)
- Whole wheat crackers or fruit with low-fat cheese wedges (laughing cow, babybell, etc)



Healthy Snack Ideas – ON THE GO

Refrigerator Snacks – Stock up on ready-to-go snacks; low fat dairy (yogurt, cottage cheese, cheese sticks or string cheese, milk) lean meats, hard boiled eggs, ready to eat fruit, fresh veggies.

Office or School Snacks – Instant soups, pretzels, whole-grain cereal, mini-cans of tuna, peanut butter to go packs, small boxes of raisins, bars, dried fruit, fruit cups, whole-grain crackers, nuts.

Microwave Snacks – Heat single-serving soups. Make an instant pizza by topping an English muffin with sauce and cheese. Make warm bean dip with refried beans, salsa and mild green chilis, serve with tortilla chips. Melt cheese on a corn tortilla and top with salsa. Microwave a regular or sweet potato and top with plain Greek yogurt or smart balance and cinnamon. Slice a pear, sprinkle with cinnamon and sugar and microwave.

Sweet Snacks – Fiber-One Pudding with vanilla wafers. Oatmeal-raisin cookies, fig bars, graham crackers or rice cakes with nut butter and honey, dried fruit, cinnamon raisin toast, fruit bars, Kashi dark chocolate sea salt bars, Fiber-One 90 calorie chocolate pretzel bars, toast with PB and bananas, low-sugar Jell-O made with fresh fruit.

Traveling Snacks – Crackers, pretzels, beef jerky, string cheese, peanut butter to go packs, nuts or trail-mix proportioned into snack size bags, light popcorn, fresh fruit, yogurt to go, individual milk boxes, granola bars, ready to eat cereals.