

# Healthy Snack Ideas

Choosing healthy snacks can be easy. Take some time to look at the ideas below so that when you're hungry between meals, you'll have healthy options right at your fingertips.

Some of these snacks are portable and can be put in a backpack.

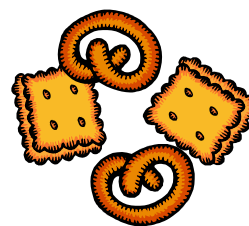
## **Fun Fruits and Veggies**

1. Fresh fruit - apples, pears, oranges, grapes, bananas, grapefruit, papayas, etc.
2. Raw vegetables with dip, salad dressing, or hummus
3. 1 serving of dried fruit
4. Celery sticks with peanut butter and raisins
5. Carrots with a cheese stick
6. 1 cup of fruit salad
7. 1 cup of vegetable soup
8. Applesauce sprinkled with cinnamon
9. Apple with peanut butter



## **Great Grains**

10. Handful of whole-grain crackers or pretzels with cheese
11. Whole-grain wrap with peanut butter and raisins
12. Brown rice cakes with peanut butter or flavored cream cheese
13. Whole-grain cereal (Frosted Mini Wheats, Cheerios, Raisin Bran) with milk
14. 2-3 cups of light microwave popcorn
15. Toasted English muffin with fruit spread and peanut butter
16. Whole-wheat toast with peanut butter and banana
17. Low-fat blueberry, bran, or corn muffin
18. Graham crackers with milk
19. Instant oatmeal made with low-fat milk
20. Whole grain crackers with peanut butter
21. Bagel chips with low-fat cream cheese
22. Mini bagel with veggie cream cheese or peanut butter
23. Tostitos with salsa
24. 1/4 - 1/2 cup of low-fat granola
25. Pita chips with hummus
26. Pretzels dipped in mustard or horseradish sauce



### **Protein Pumping Snacks**

27. Smoothie made with milk (cow or soy), yogurt, and fruit
28. Hard-boiled egg
29. Slice of lean ham or turkey rolled with mustard
30. Lettuce wrap with tuna fish or chicken salad made with lowfat mayonnaise
31. 1 serving of nuts (peanuts, almonds, walnuts, pistachios) or peanut butter



### **Divine Dairy**

32. Low-fat yogurt with fruit and 1/4 cup of low-fat granola
33. Low-fat frozen yogurt topped with berries or kiwi
34. Cottage cheese and fruit
35. Part-skim mozzarella cheese stick
36. Glass of lowfat or nonfat milk
37. Greek yogurt and fruit

