

- Snacks are an important part of a healthy diet. “Junk” foods like candy, potato chips, and soda are NOT healthy snacks. Instead, try snacks that incorporate more protein, whole grains, fruit and vegetables. These types of snacks help keep you fueled and energized throughout the day.
- To prevent overeating while snacking, portion out snacks into individual baggies or containers. If you’re still hungry, fruit or raw vegetables and dip always make a great choice. Make sure to drink plenty of water during the day too!

Here are some snack options that are easy to make and nutritious:

Snack Ideas	Nutrition Tips
5 -6 whole wheat crackers with 1 oz. cheese	Look for crackers with > 3 grams of fiber per serving
¼ cup home-made trail mix	Mix together unsalted peanuts, almonds, unsweetened dried apricots, raisins, and mini dark chocolate morsels
1 cup of yogurt with fresh fruit	Look for yogurt that has < 8 grams of added sugar . Plain yogurt is typically best. Add sliced strawberries, banana, or blueberries. You can sweeten it with drizzled honey
Salad with mixed greens, tomato, carrots, and cucumber with homemade dressing	Homemade dressing: extra virgin olive oil, red wine vinegar, fresh squeezed lemon juice, garlic, salt and pepper to taste
12 small whole-wheat pretzels dipped in 2 Tbsp. of natural peanut or almond butter	When looking at the Nutrition Facts Label, the only ingredient listed should be the actual nut itself. Once open, stir well to mix in the oil and keep refrigerated
Raw vegetables dipped in dressing or hummus	Hummus is a dip made of chickpeas, sesame seed paste, olive oil, garlic, lemon, and other spices. Aim for 2 Tbsp.
½ peanut butter & jelly sandwich on whole wheat bread	Choose bread that has “100%” whole grain, whole wheat, or stone-ground whole wheat as the first ingredient on the label and has > 3 grams of fiber per serving
15 whole grain tortilla chips dipped in salsa or guacamole	Guacamole: mash 1 ripe avocado, 2 Tbsp. of salsa, garlic powder, 1 Tbsp. of lime juice, salt and pepper to taste. Mix well and enjoy!
Whole wheat “pita pizza” (6” size)	Pizza: spread 2 Tbsp. of jarred pizza or spaghetti sauce on pita. Top with 2 Tbsp. of shredded mozzarella cheese and 2 Tbsp. of chopped mushrooms. Place on a baking sheet in the oven for 10 min. or until cheese melts and the pita is warmed through. Look for whole wheat pita’s with > 3 grams of fiber
Fruit smoothie	Smoothie: blend 1 cup of frozen or fresh fruit, 1 cup of milk, and ½ cup of plain yogurt
Hard-boiled egg and fruit	Boil eggs ahead of time so you have them for the week. Keep in fridge

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Snack Ideas	Nutrition Tips
Celery with natural peanut butter or low-fat cream cheese	With several flavors available, like strawberry or cinnamon, low-fat cream cheese can be paired with several foods for a sweet snack
Grilled tomato and cheese sandwich on whole wheat bread	Avoid processed slices to avoid extra sodium and preservatives
2-3 cups of air-popped popcorn	Avoid microwave popcorn with added butter/oil and salt. Make your own with an air-popper or over the stove
1 cup whole grain cereal with sliced berries	Choose whole grain cereal with > 3 grams of fiber and < 8 grams of added sugar
Turkey and cheese roll-ups	Roll up 1 slice low sodium deli turkey meat with 1 slice of low sodium cheese
1 whole grain waffle with natural peanut butter, sliced banana, and raisins	Spread 2 Tbsp. of natural peanut butter on the waffle. Top with banana slices and a handful of raisins.