

Healthy Snack Ideas

Here's a list of healthy snacks that will satisfy any craving. Enjoy!:

Craving:	Snack Ideas:
Crunchy	<ul style="list-style-type: none"> • Apples, brown rice cakes, unsalted nuts, air popped popcorn • Raw veggies (like carrots) and dip (hummus, tabbouleh, vinaigrette, or light dressing) • Celery and natural peanut or almond butter • Hummus with whole grain toast, crackers, or baby carrots
Sweet	<ul style="list-style-type: none"> • Fruit, unsweetened dried fruit, plain Greek yogurt with sliced fresh strawberries • Sliced apples and natural almond butter, whole-grain bread with all-fruit jam • Frozen yogurt (freeze your own!) • Smoothies - unsweetened almond milk, plain Greek yogurt, fruit, chia seeds • Fruit "ice cream" - peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve (can be put through the screen of a juicer for a creamier consistency) • Freshly squeezed juice - make your own/try various combos (limit to ½ cup per day) • Sweet vegetables - yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks; sprinkle with cinnamon and bake • Organic dark chocolate (limit to 1 oz.) or carob chips, frozen grapes
Salty	<ul style="list-style-type: none"> • Olives; pickles; pickled vegetables, such as carrots, daikon, beets, or lotus root; tabbouleh; hummus; steamed vegetables with soy sauce or vinegar of choice; sardines • Tortilla chips with salsa or guacamole - try with whole-grain chips • Sauerkraut - it will also knock your sweet craving right out! • Fresh lime/lemon juice – use as a seasoning or in a beverage • Edamame with sea salt
Creamy	<ul style="list-style-type: none"> • Smoothies, plain Greek yogurt with fresh berries, rice pudding, cottage cheese • Avocados; dips and spreads, like hummus and baba ganoush; pureed soups • Puddings made with silken tofu, avocado, or mashed banana made with milk • Mashed sweet potatoes with cinnamon

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