

Healthy Snacks

100 calories or less

Fruits and vegetables make great snacks – they are full of nutrition and low in calories. Try to eat 5-10 servings each day!

Wholesome Whole Grain

First ingredient should be "whole grain"

- 1/2 cup whole grain or oats cereal
- 2 squares graham crackers
- 2 cups popcorn
- 1/2 whole wheat English muffin or bagel
- 4 whole wheat crackers, reduced sodium
- 2 brown rice or multigrain rice cakes

Protein Packed

- 1 oz low fat cheese (string cheese)
- 1/2 cup low fat vanilla yogurt
- 1/2 cup low fat cottage cheese
- 1 cup fat free milk
- 1/2 cup fat free pudding
- 1 large hard cooked egg
- Nuts—10 almonds, 20 peanuts
- 1 Tbsp. peanut butter or nut butter
- 3 Tbsp. hummus

Fabulous Fruits

- 1 small banana
- 1 medium apple, orange or pear
- 1/4 cup raisins or dried fruit
- 1 cup berries or melons
- 1/2 cup canned fruit in juice (no syrup)

Colorful Vegetables

- (1 cup = size of a tennis ball)*
- 1 cup cherry or grape tomatoes
 - 2 cups raw mixed veggies with 2 Tbsp. low fat ranch dressing
 - 12 baby carrots or sugar snap peas
 - 1 cup raw cauliflower or broccoli
 - 1/2 cup low-sodium vegetable juice

Healthy Snack Combos = (fruit, vegetable or whole grain) + (protein packed choice)

200 calories or less

- 5 celery sticks, 1 Tbsp. peanut butter/sun butter and 2 Tbsp. raisins
- 1/2 cup fat free vanilla yogurt and 1 cup sliced fresh strawberries
- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas, 6 grape tomatoes and 2 Tbsp. hummus or reduced-fat ranch dip
- 1 Tbsp. peanut butter on slices of a medium apple
- Trail mix: 1/4 cup Life cereal, 1/4 cup Cheerios, 1/4 cup Corn Chex, 2 Tbsp. raisins and 2 Tbsp. peanuts
- 6 whole wheat crackers and 1 oz. low-fat Colby cheese.
- Banana split: A banana topped with 1/2 cup low fat cottage cheese and 1/4 cup strawberries

GORP (Good Old Raisins and Peanuts)

Ingredients:

- 1/2 cup dry roasted, lightly salted whole almonds or your favorite nuts
- 1/2 cup dried cranberries or chopped dried apricots (or your favorite dried fruit)
- 1/4 cup corn or wheat squares cereal (or pretzels)
- 1/4 cup toasted green pumpkin seeds (pepitas)
- Mini Ziploc bags

Directions:

1. Wash your hands
2. Put all ingredients in a bowl and use your hands to toss until well mixed.
3. Put 1/4 cup of the mixture into each bag (keeps up to a week at room temperature).



Consider rating your snack choices at "Fooducate"

<http://www.fooducate.com/>

knitzkorski@gmail.com
701-371-9644



Dips and Dunkers: Hummus or cottage cheese with dill makes great veggie dips. Peanut butter or vanilla yogurt with cinnamon make tasty fruit dips.

Healthy snacks give kids energy to live, learn, and play!