

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”

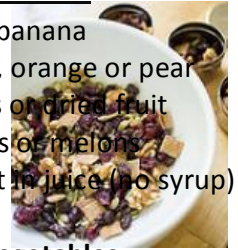
- 1/2 cup whole grain or oats cereal
- 2 squares graham crackers
- 2 cups popcorn
- 1/2 whole wheat English muffin or bagel
- 4 whole wheat crackers, reduced sodium

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

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

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/>

Question or comments?
Call or email us at:
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Dips and Dunkers: Hummus or cottage cheese with dill makes great veggie dips. Peanut butter or vanilla yogurt with cinnamon make tasty fruit dips.