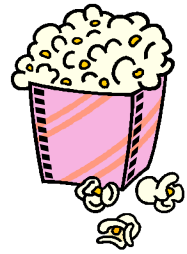




Healthy Snacks



Snacking can be good for you! Snacks can boost your food energy between meals. Healthy snacks are typically between 100-200 calories and contain a carbohydrate, protein, and fat source. Remember you don't want to go longer than 3-5 hours without eating. With a busy schedule snacks can keep you going throughout the day!!

Snack Ideas:

- 1/2 Bagel with 1 Teaspoon Reduced Fat Peanut Butter or Low-fat Cream Cheese
- Medium Fruit with a Handful of nuts (almonds, walnuts, peanuts, or mixed nuts)
- Low-fat Yogurt with a Medium Fruit
- String Cheese and 1 English Muffin
- Low-fat muffin
- Baby Carrots, Celery, Broccoli, or any vegetable with a Low-fat Salad dressing
- Granola Bars around 150-200 calories or a Protein Bar
- 6-8 Peanut Butter or Low-Fat Cheese Crackers
- ¼ cup Low-fat Granola with Low-fat Yogurt
- ½ cup mixed beans (chick peas, kidney beans, pinto beans) with 1 Tablespoon Low-fat Italian Dressing
- 1 cup Low-Fat Cottage Cheese mixed with ½ cup Canned Fruit in light Syrup (Peaches, Pineapple)
- 3 Cups Plain Popcorn
- Hummus with 5- 10 Crackers or Pita Bread
- ¼ cup Tuna, Chicken, or Egg Salad made with Light or Fat Free Mayonnaise and Whole Grain Crackers
- 2 Rice Cakes lightly spread with 1 Teaspoon Reduced Fat Peanut Butter
- Smoothie: 1 Banana, 1 cup skim milk, 1 Tablespoon Peanut Butter, Ice. Blend until smooth.
- Mini Bagel and 1 low-fat pudding
- Baked Tortilla chips with salsa or black bean dip
- English Muffin Pizza: Whole Wheat English muffin, 1 Tablespoon marinara sauce on each side, sprinkle with low- fat Mozzarella cheese, and toast.



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