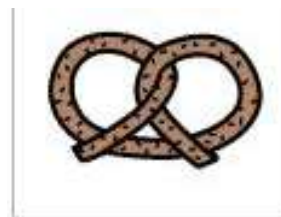




Healthy Snack Ideas



- A. A piece of fruit
- B. Baby carrots or your favorite vegetable dipped into low-fat salad dressing
- C. Baked (not fried) low-fat chips (tortilla or potato)
- D. Frozen grapes- they're great!
- E. Rice cakes
- F. Low fat Greek yogurt (can add jam, fruit, granola)
- G. Lite popcorn- pop popcorn kernels in a brown paper bag in the microwave for about 2 minutes- spray olive oil from a spray bottle with a bit of salt. You can even spice it with things like curry powder!
- H. Any kind of nuts, sunflower or pumpkin seeds
- I. Low-salt pretzels
- J. Animal crackers
- K. Graham crackers
- L. Granola bars- 3grams fiber or more
- M. Low-fat cheese with high-fiber crackers (try Wheat Thins or Triscuit)
- N. Canned fruits- in juice or light syrup, not in heavy syrup
- O. Cereal with low-fat milk, or plain (w/ 3g fiber or more, 7 g sugar or less); frozen raspberries & blueberries go great in cereal
- P. Vegetable or bean soup
- Q. Two boiled (or microwaved) eggs
- R. String cheese
- S. Mini pizzas: 7 Triscuit crackers with a spoon of tomato sauce, a pinch of mozzarella cheese then microwave for 30-60 seconds
- T. Ants on a log: spread peanut butter on celery, place raisins on top
- U. Frozen peach slices are sweet!
- V. Smoothie: blend low fat milk & fruits (add diet sugar for extra sweetness)
- W. Whipped or low-fat cream cheese on whole wheat toast or crackers
- X. Vanilla yogurt, chopped peaches and crushed graham crackers with cinnamon

To help with overeating

Serve the snack on a plate or bowl instead of eating out of the package
Drink lots of water- sometimes thirst is confused for hunger

