

## HEALTHY SNACK IDEAS

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

**\*\*\*To help prevent 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.**