

Healthy Snack Ideas



For those busy days when you are constantly on the go and have little time, consider having the following foods easily available! These snack ideas combine a lean source of protein with a complex carbohydrate, providing approximate 150-200 calories. Look, decide, and plan what you should have available for everyday “grab & go” snacks!

- 1 small pita pocket
2 ounces light tuna
- 1 cup low fat yogurt
& a piece of fruit
- medium banana
20 pistachios, peanuts, or almonds
- 1 cup strawberries & low fat
cottage cheese
- 8 ounces skim milk
2 small, low fat cookies
- 6 whole grain crackers
& string cheese
- trail mix: 1/3c. wheat chex, nuts
& dried fruit
- 1 small corn tortilla
1 ounce low fat cheddar
- 2 tbsp hummus,
6 whole grain crackers or veggies
- natural fruit or nut bar: Luna, Trio,
or Lara Bar
- 1/2 cup oatmeal
1 medium orange
- 1/2 lean turkey sandwich
on whole wheat bread
- 8 ounces Greek yogurt
& 1 cup melon
- 1/2 small bagel (thin layer of low-fat cream
cheese) & a peach
- 1 slice whole wheat toast
1 tbsp. natural peanut butter
- hard-boiled egg sliced
on wh. wheat English muffin
- 1/2 cup long rice
2 ounces diced ham (lean)
- 15-20 baked tortilla chips & salsa +handful of
soy nuts
- 1/4 cup low fat granola
4 ounces skim milk
- 1, 6-inch flour tortilla
1/4 cup low-fat refried beans/salsa

Remember:

Healthy snacks help fuel your body and provide adequate energy throughout the day. Use lean protein, low fat dairy, fresh (or frozen) fruits and vegetables, whole grain breads, cereal, and crackers!

Choose healthy snacks on a regular basis and save higher-fat, higher-sodium choices for rare occasions. Make them the “exception” not the rule.