

Healthy Snack Ideas

Pop Secret 100 Calorie Popcorn bag	1 Luna Bar	1 light yogurt 10 nuts (walnuts, almonds, pistachios)	1 5.3oz fruited greek yogurt 8 almonds OR walnuts
½ cup low fat cottage cheese ½ cup peaches or pears (drained, canned in natural juice)	1 apple with 1 Tbs. peanut butter	12 whole wheat crackers (<i>All Bran, Kashi TLC, 100% Multi-Grain Wheat Thins, Pepperidge Farms Whole Wheat</i>) ¼ cup sliced avocado	15 grapes 1 – 2% string cheese
1 single serve bag of chocolate covered pretzels 1 Tbs. almond butter	3 Clementines (Cuties) 1 – 2% string cheese	One (6-inch) flour tortilla ¼ cup black beans Serve with tomato salsa	Sweet Wheats Trail Mix Combine 2 cups whole wheat thin crisps 2 cups graham cereal 1 ¼ cups mini marshmallows ¼ cup dark chocolate m&ms ½ cup dried fruit Serving size: ¾ cup
2 rice cakes 1 Tbs. peanut butter	12 almonds 1 fruit	½ whole wheat English muffin with one slice of 2% cheese	Cheese Freak Mix 2 cups whole grain cheddar goldfish 2 cups dried apple chips ½ cup roasted walnuts 1 ½ cups oatmeal cereal squares Serving Size: ¾ cup
2 oz. deli meat 1 cup berries	10 honey pretzel sticks (large) 1 – 2% string cheese	Tri Color Veggie Snack: 6 baby carrots, 10 sugar snap peas, 6 cherry tomatoes, 2 tablespoons reduced fat ranch dressing.	Kashi TLC Chewy Bar 1 – 2% string cheese
1 pack peanut butter crackers (6 sandwiches in a pack)	1 whole wheat bagel thin OR 1 slice whole wheat bread with 1 Tbs. peanut butter & 2 Tbs. fruit preserves	35 whole grain gold fish crackers 1 – 2% string cheese	Fat Free Individual Pudding 1 – 2% string cheese
½ whole wheat pita ¼ cup fat free veggie cream cheese	4 oz. greek yogurt (flavor of choice) ½ cup berries 5 vanilla wafers	High protein shake (Slimfast, Special K) OR 8 oz. low fat chocolate milk	1 cup low sodium vegetable soup 4- 5 whole grain crackers
1 cup edamame (in pods) 20 small pretzels	1 cup whole grain cereal ½ cup fat free or 1% milk	4-inch white corn tortilla ¼ cup cheese OR 1 slice 2% cheese	Small tuna or chicken salad kit 6 crackers