



Healthy Snacks

Healthy snacks provide vitamins, minerals, beneficial plant compounds, and dietary fiber. Carbohydrates give you energy and are what your brain likes best for fuel. Protein is important for your immune system and to build muscle, blood cells, hormones, brain chemicals, and more. Protein, fiber and "good fats" also help fill you up and keep you feeling full longer than carbohydrates by themselves.

Tips for healthy snacking:

- Choose whole foods often – fruits, vegetables, whole grains, nuts, seeds, beans and legumes, low fat dairy (as tolerated). A combination of carbs and protein is best if the snack needs to keep you going for more than two hours until your next meal.
- Be a conscious eater – this means focus on eating without distractions when you can (television, computer, working, driving, etc.), eat slowly, and enjoy your food!

Snack Ideas:

- Apple or banana slices with nut butter (peanut, almond, cashew, etc.)
- Nonfat, plain yogurt, fresh or frozen fruit, maple syrup, sprinkle of ground cinnamon
- Salsa, black beans, toasted corn tortilla, finely grated cheese (optional)
- Whole grain crackers & sliced avocado
- String cheese, Laughing Cow cheese, (or other 1 oz. portion of cheese) & slices of fruit or raw veggies (red bell pepper, jicama, apple, etc.)
- Raw or toasted nuts (walnuts, almonds, pistachios, etc.) with dried apricots, dates or figs
- Trail mix made with nuts, seeds, and dried fruit
- Hummus and combo of raw (or blanched) veggies and whole grain crackers
- Black Bean Dip & baked tortilla chips or toasted corn tortilla
- Garden of Eatin' microwave popcorn w/cajun spice or nutritional yeast flakes
- Low fat (or non fat) cottage cheese & fruit
- Tuna or salmon (can or packet) w/whole grain crackers, tortilla or pita pocket
- Lean sliced turkey or ham (no nitrites) & slice whole grain bread
- Lean, "natural" Buffalo or turkey jerky (no nitrites and minimal processing) 1 oz. & piece of fruit or ½ cup grapes or berries
- Jicama slices with almond butter
- Lundberg Sesame Tamari rice cake & almond or cashew butter
- Unsweetened apple sauce & small handful of almonds or walnuts
- Blend 1 cup frozen cherries or berries) with plain yogurt, ground cinnamon, and a small drizzle of honey, agave nectar or pure maple syrup

Mix and match from the protein and carbohydrate columns for snacks:

Protein	Carbohydrate	Notes
Nut butter (peanut, almond, cashew,...) w/no trans fat.	Fruit – whole piece, ½ cup fresh/frozen, ¼ cup dried	<ul style="list-style-type: none"> Vary nut butters – try a thin spread on a rice cake, apple, banana, or whole grain cracker Fruit & veggies by themselves are low in calories but last longer if you combine them with some protein
Nuts or seeds – ¼ cup or less	Vegetables – raw, blanched, leftover cooked	<ul style="list-style-type: none"> Go for raw or minimally processed nuts & seeds w/no trans fat and watch for too much salt If you don't like a particular veggie raw try it cooked
Canned fish – tuna, salmon, sardines, flavored herring fillets, etc.	Avocado – sliced (1/4 – ½ of a whole avo) or packaged avocado pulp 2 tablespoons – ¼ cup)	<ul style="list-style-type: none"> These canned fish are high in omega-3 fats; Alaskan canned salmon is an inexpensive source of wild salmon Avocados contain “good” fat and other nutrients; Combine avocado with corn tortillas or whole grain crackers or mix
String Cheese, Laughing Cow cheese wedges (or other 1–1½ oz. portion)	Whole grain crackers – Ak Mak, RyKrisp, TLC (look for no trans fat)	<ul style="list-style-type: none"> There are several pre-portioned types of cheese available to help keep calories and fat in check Look for whole grain crackers that say “whole ___” (wheat, rye, etc.) in the ingredient list and 100% whole grain are best
Hummus or bean dip, edamame (mash w/lemon, toss w/ sesame seeds)	Whole grain bread, pita pockets, rolls, bagels	<ul style="list-style-type: none"> There are many varieties of hummus available or make your own. If you don't like the taste of the tahini (ground sesame paste) try making it at home without tahini.
Beans (whole or refried)	Corn or whole grain tortillas – no trans fat.	<ul style="list-style-type: none"> Rinse canned beans to reduce the sodium Look for smaller size whole grain flour tortillas or use half of a large flour tortilla
Lean meat/poultry (sliced, leftover from dinner) – 1 or 2 slices	Rice cakes – no trans fat or added sugar.	<ul style="list-style-type: none"> Look for sliced lean meats without nitrites. There are many rice cakes with added sugar, fat, salt. Try Lundberg Sesame Tamari rice cake with a thin spread of almond butter
Turkey or buffalo jerky	Kashi Granola bars (these have 5 g protein + 4 g fiber)	<ul style="list-style-type: none"> Jerky is often processed with nitrites and a lot of salt. There are now more “natural” varieties – many organic, that are lower in sodium and without added chemicals. Look for granola bars with 3+ grams fiber & no trans fat
Low or nonfat cottage cheese – ¼ cup		<ul style="list-style-type: none"> This quintessential “diet food” can be high in sodium but is versatile. Blend it in the food processor or blender to make it smooth and creamy then add fresh or frozen fruit or add herbs & spices to make a dip for whole grain crackers
Plain, nonfat yogurt (children under 5 years – whole milk yogurt) – ¾ - 1 cup		<ul style="list-style-type: none"> Flavored yogurts have 4-7 teaspoons of added sugar per cup (8 oz.) – maybe why the standard serving is now 6 oz. vs. 8 oz. Add fruit and your preferred sweetener to non fat plain yogurt to get fewer calories, more nutrients (including calcium) and fiber. If on the go, the flavored yogurts (low fat) are still better than traditional snack choices.

These ideas can also be used to make “mini meals” throughout the day when you are busy and don't have time for traditional meals.