



Healthy Snack Ideas

✓ Vegetable Based Snacks

- 1 cup vegetables (cucumber slices, cherry tomatoes, baby carrots, bell pepper strips, etc.)+ 2 tablespoons hummus or low fat veggie dip
- ½ cup carrots and celery + 2 tablespoons nut butter (peanut, almond, cashew, sunflower)
- 4 celery sticks filled with 1 tablespoon nut butter + 1 tablespoon raisins (“ants on a log”)
- 1 whole tomato sliced & topped with ¼ cup low fat cottage cheese + pepper
- ½ pita pocket stuffed with tomatoes & cucumbers drizzled with balsamic vinegar & 1 teaspoon olive oil
- Cucumber slices topped with nonfat Greek yogurt, feta cheese, and walnuts
- Cut up red & orange bell peppers in bite size pieces & top with 1 oz low fat cheese cubes + ¼ avocado slices
- 6 whole grain crackers with light cheese spread topped with cucumber and tomato slices

✓ Fruit Based Snacks

- 1 small apple or small banana + 1 tablespoon nut butter
- 1 cup berries + ½ cup low fat cottage cheese or plain non-fat Green yogurt
- 1 small piece of fruit + 1 low fat cheese stick
- 1 slice whole-wheat bread + 1 tbsp nut butter + strawberry or banana slices
- Frozen Greek yogurt covered strawberries

✓ Other Healthy Snacks

- 1 serving pretzels + 1 light string cheese
- 100 calorie bag of popcorn
- 1 high protein granola bar (Try Kashi or Fiber One PROTEIN bars)
- ½ turkey or peanut butter sandwich on 1 slice whole grain bread
- Greek yogurt frozen overnight
- 1 hardboiled egg + 1 cup unsweetened vanilla almond milk
- 2 rice cakes + 1 light cheese spread wedge (Try Laughing Cow Light)
- 6 whole grain crackers + ¼ cup tuna packed in water (can mix with non-fat plain Greek yogurt)

