

# Snack Attack! Choices for Healthier Snacking

Healthy snacks can fit into a healthy lifestyle & complement your meals. Look for snacks that fit into one or two food groups (example grains & dairy). It is important, first, to evaluate your hunger level & note if you are eating due to emotional “hunger” or habit.

- 1oz. part skim milk cheese stick & 5-6 reduced fat Triscuits
- Reduced sugar & fat Greek Yogurt
- 1 container Light yogurt & a piece of fresh fruit
- 1 oz. of turkey on 1 slice of whole grain bread
- 1 hardboiled egg & 1 slice of whole wheat bread
- ¼ C. hummus on ½ whole wheat pita
- ¼ C. of Hummus, 1 oz. of reduced fat pita chips
- 1 C. non-fat or 1% milk & 3 two inch squares of graham crackers
- 2 cups of lettuce with ¼ c. reduced fat cheese
- 6 inch whole wheat tortilla folded over a 1oz. slice of reduced fat cheese & microwaved
- 1 C. of vegetable soup with 5 whole wheat saltines
- ½ C. of trail mix
- 1 apple, sliced with cinnamon, 1 Tablespoon of water, top with 1 Tablespoon of chopped walnuts & microwaved until the apples are warmed
- ½ banana dipped in 2 Tablespoons of light chocolate syrup
- 1 C. strawberries topped with 2 Tablespoons of light chocolate syrup
- 1 C. frozen grapes, blackberries, blueberries or strawberries
- 10 reduced fat tortilla chips (ex: Padrinos) with 1/2 c. salsa
- 1 small box of raisins & 1 oz. reduced fat cheese
- 1 Tablespoon peanut butter on 2 four inch celery sticks
- ½ C. reduced fat cottage cheese on top of 2 light pear halves
- 1 C. whole grain cereal with 1 C. of non-fat or 1% milk
- 15 pretzel sticks, 1 oz. of low-fat cheese
- 5 tomato slices with 1 oz. of feta cheese & drizzle of olive oil
- Edamame, 4-8 oz.
- Light or fat-free popcorn, 3 C.
- One whole grain granola bar
- 7 baby carrots with ¼ cup of hummus
- 1 C. of Cantaloupe
- 5 raspberries & a Tablespoon of Greek yogurt
- 5 pretzel chips, 1 slice of reduced fat cheese
- ½ C. of slices strawberries with a mix of half a lemon & ½ teaspoon of brown sugar
- ½ cucumber sliced, squeeze juice of ½ lemon on slices & a dash of salt
- Sliced apples, 1 Tablespoon of peanut butter
- ¼ C. of almonds with 1 piece of reduced fat string cheese
- 1 hardboiled egg, with 1 oz. string cheese, cluster of grapes
- ½ C. Greek/plain yogurt with banana/strawberry (light granola)
- Flatbread/cracker with 2 Tablespoons of light cream cheese topped with tomato, cucumber or fruit
- 1 banana sliced in half, lengthwise, filled with 1 Tablespoon of peanut butter
- 10 snap peas with 10 pretzels, 1 light Baby Bell cheese
- 1 slice bread split in two, add light cream cheese, berries heated in Panini press
- 1 hardboiled egg, 1 small banana
- 1 medium wheat tortilla with lightly spread peanut butter, jelly, wrap around a banana
- 1 English muffin, low fat cream cheese, honey, with strawberry slices
- 1 slice bruschetta bread, 1 oz. melted Brie cheese, 10 sliced almonds, strawberry or fruit slices
- 1 oz. beef or turkey jerky, with 1oz. reduced fat string cheese, apple slices
- ½ English muffin, 2 Tablespoon of pasta sauce, 2 Tablespoons of reduced fat mozzarella, melt
- ½ grilled zucchini with light pasta sauce, light cheese, mushroom topper, sliced in circles or halves
- ¼ C. guacamole with 10 baked pretzel thins
- Apple & 1 reduced fat string cheese

