

# Healthy Snacking



## Healthy Snacks:

- Between meals helps to keep energy levels and metabolism high
  - May be a good strategy for weight loss
  - Can improve control of blood sugars for diabetes management
  - Should consist of a complex carbohydrate (high in fiber) and a lean protein or healthy fat
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- Low-fat or Greek yogurt with berries
  - Fresh veggies with Greek yogurt dip, bean dip or hummus
  - Tuna (sealed pack/no drain) on high fiber crackers
  - 1/3 cup dried fruit and nut mix
  - Bean salad in a pita pocket
  - 1/2 cup cottage cheese with pineapple in a Dixie® cup
  - Light string cheese and strawberries
  - Small apple with almond/peanut butter
  - Banana with 23 whole almonds
  - Laughing Cow® cheese with oat bran pretzels
  - Hardboiled egg and whole grain rice crackers
  - Low sodium vegetable juice, celery sticks and three olives
  - Low sugar, high protein granola bar (ex. RX Bar®, KIND®, Lara®)
  - 1/2 cup dry high fiber cereal mixed with nuts
  - Veggie or flax tortilla chips and salsa mixed with a sprinkle of cheese
  - 1/4 cup natural yogurt covered raisins mixed with pecans
  - String cheese wrapped in slice of nitrate-free turkey
  - Whole grain English muffin with peanut butter
  - Vitamuffin Vitatops® ([www.vitalicious.com](http://www.vitalicious.com))
  - Cocoa almonds and blueberries
  - Baked, seasoned chickpeas mixed with veggie sticks
  - Popcorn mixed with nuts
  - Nitrate-free turkey jerky and baby carrots
  - Single pack guacamole with baked chips
  - Blue Diamond® rice crackers and almond butter
  - Quinoa (cooked grain/seed) veggie salad
  - Sprouted grain tortilla & veggie refried beans
  - Wholegrain crackers with hummus

### Sources:

*Best snacks from the Good Housekeeping Institute's Nutrition Director, Delia A. Hammock, M.S., R.D.*  
[www.todavsdietitian](http://www.todavsdietitian)

# 100 - 150 Calorie Snacks Ideas



## Sweet Treats

- 5 Nabisco® Nilla Wafers
- Kellogg's® Cookies and Crème Pastry Crisp
- 2-1/2 cup SkinnyPop® Kettle Corn
- Skinny Cow® Salt-Kissed Carmel Greek Yogurt bar or frozen yogurt bars
- Annie's® Homegrown – Bunny Grahams Cinnamon Whole Grain Crackers
- 1/2 cup Blue Bunny® frozen yogurt: Vanilla Bean or Strawberry Banana
- 20 Ghirardelli® 60% Cocoa chocolate chips
- 1 Nestle® Butterfinger Crisp Bar or 2 Hershey® Miniatures
- 1 cup Angie's Boomchickapop® Caramel & Cheddar Popcorn Mix

## Savory Bites

- 29 pistachios
- 60 Pepperidge Farm® Whole Grain Baby Goldfish® crackers
- 3-3/4 cups SkinnyPop® Original Popcorn
- 29 Sensible Portions Veggie Straws®
- 13 Back to Nature® White Cheddar Rice Thins
- 12 Hippeas® Vegan White cheddar puffs (about 1 oz.)
- 8 honey whole wheat pretzel braids

## Dairy Delights

- 1 Laughing Cow® Light Creamy Garlic & Herb cheese wedge and 4 Reduced-Fat Triscuits®
- 1 Sargento® Natural Extra-Sharp Cheddar Cheese Stick
- 1 (5.3 oz.) Oikos Triple Zero® yogurt (any flavor)
- 1/2 cup low-fat cottage cheese with 5 strawberries
- 1 Kozy Shack® Simply Well Pudding

## Hearty Helpings

- 1 cup Healthy Choice® Country Vegetable Soup
- 1 hard-boiled egg with 1 slice Melba toast or 3 mini rice cakes
- 2 oz. Hormel® Natural Choice Deli Turkey + 1 slice Kraft® Provolone Cheese + 1 tsp. honey mustard rolled in a lettuce leaf
- 1/3 cup refried black beans + 1 Tbsp. salsa + 1 Tbsp. plain Greek yogurt rolled up in 60 calorie honey whole wheat tortilla
- 1/2 whole wheat mini bagel with 2 tsp. light strawberry cream cheese

## Fruits & Veggies

- 1 cup raspberries + 1/2 cup low-fat lime yogurt
- 28 frozen grapes
- 1 cup blueberries or mango chunks
- 1/2 medium banana + 2 tsp. Nutella® Hazelnut Spread
- 5 celery sticks + 1 Tbsp. almond or peanut butter
- 15 strawberries dipped in 1/4 cup Cool Whip® Lite
- 45 steamed edamame (soybeans)
- 2 Tbsp. each of mashed avocado and chopped tomatoes or salsa stuffed in 1/2 mini pita
- 1/2 red bell pepper dipped in 3 Tbsp. hummus

Reference:

*Best Snacks 100 Calories or Less*, Delia A. Hammock, MS, RD