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

☐ 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)
☐ 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.todaysdietitian
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

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

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

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

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

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