

Healthy Snack Ideas

Healthy snacking doesn't have to be boring. Next time you get hungry for a snack, try one of these. It will help curb your hunger and keep you energized throughout the day.

Remember that a snacking is not a meal replacement. Snacks should be about 200 calories.



- ★1. String cheese and a handful of wheat crackers
- ★2. 1-2 cups of unbuttered popcorn
- ★3. Vanilla low fat yogurt or Greek yogurt with fruit
- ★4. 45 pistachio nuts
- ★5. 1 small oat bran muffin
- ★6. 1/2 whole wheat bagel with light cream cheese
- ★7. 1 slice of turkey breast and Swiss cheese wrapped around 2 pickle slices
- ★8. 15 baked tortilla chips and salsa
- ★9. 1Tb peanut butter or other nut butter and crackers
- ★10. 1 hard boiled egg
- ★11. 1 small pita bread with 1 slice of turkey or hummus
- ★12. 1 cup of frozen yogurt or sherbet
- ★13. 1/4 cup mixed nuts or trail mix
- ★14. 1 cup of fresh fruit salad
- ★15. 1/2 cup low fat cottage cheese with fruit
- ★16. 1 cup of vegetable soup
- ★17. 6 Triscuits with 2 triangles of Laughing Cow cheese or tuna and tomato slices
- ★18. 2T hummus with veggies
- ★19. Low fat chocolate pudding or chocolate milk
- ★20. 1/2 sandwich made on whole grain bread with lean deli meats
- ★21. Whole fruit: apple, pear, plum, etc - add a slice of sharp cheddar cheese for calcium
- ★22. 1/2 cup high fiber cereal with skim milk and fruit
- ★23. 1 cup of edamame
- ★24. 1/4 cup guacamole with 1 medium sliced red pepper
- ★25. 1 banana or apple with 1Tb peanut butter
- ★26. 4 spears of roasted asparagus topped with 2 T parmesan cheese
- ★27. 1 cup smoothie made with low fat yogurt and fresh fruit (try adding flax for an extra boost!)
- ★28. 4 sushi rolls
- ★29. 1 cup strawberries dipped in 1Tb melted semi sweet chocolate chips
- ★30. 1 cup of vegetable juice
- ★31. Frozen grapes or banana
- ★32. Small handful of almonds and Craisins
- ★33. 20 mini pretzels
- ★34. Handful of blueberries or strawberries dipped in fat free Cool Whip
- ★35. Kabob - thread low-fat meat, pineapple, cherry tomato, and low-fat cheese on a stick