

Healthful Snack Ideas

Non-Perishable Staple Snacks:

- One half of PB&J sandwich + 1 piece of fruit
- 2 graham crackers + 1 tbsp Nutella + 1 small banana
- 1 fiber bar (>5 g dietary fiber/serving) + 1 piece of fruit
- 3 fig bars + 1 piece of fruit (or fruit cup or applesauce)
- Celery sticks + 1 tbsp peanut butter
- Individual bags of chips or pretzels
- 6 whole grain crackers + 1 tbsp peanut butter or nutella spread, sandwich together (makes 3)
- 3 tbsp almonds, cashews, peanuts, or walnuts + 2 tbsp dried fruit mixed in baggies
- Homemade muffins or breakfast cookies
- PB&B-wich = cut banana in half, length-wise + 2 tbsp peanut butter, fold halves together, and enjoy as a sandwich
- 3 small clementines
- 2 tbsp pumpkin or sunflower seeds + 1 piece of fruit
- 1 oats n' honey granola bar + 1 handful of nuts
- 1/4 cup dry roasted (flavored or plain) edamame + 1 piece of fruit

Pack and Go Snacks (may need ice pack in a lunch box):

- 1 string cheese + 1 piece of fresh fruit or vegetables
- 1 hard-boiled egg + 100% veggie juice
- 1 slice each of turkey, cheese, whole grain bread, add mustard or light mayo + 1 piece of fruit
- 1/2 cup low-fat cottage cheese + 1/2 cup pineapple + 1 tbsp almonds
- 1 cup low-fat flavored yogurt + 1/4 cup granola
- Dip your choice of carrots, celery, cucumber, bell pepper sticks + low-fat ranch dressing or hummus dip
- Dip strawberries or apple slices + low-fat yogurt
- Dip animal crackers + low-fat pudding cup
- 6 whole grain crackers + 1 slice low-fat cheese
- 1/4 cup edamame/soy beans in pods (previously cooked from frozen)

Weekend Snacks and Mini-Meals:

- Homemade Popcorn: Pour 1/2 cup kernels in a brown paper bag; Fold the top over a few times to close; Microwave for 1 1/2 min; Serve 3 cups popcorn + 1 tbsp grated parmesan cheese + a little salt & pepper to taste
- 1 plate of corn tortilla chips + 1 oz shredded cheese; Microwave for 30-60 sec; Serve with salsa and avocado chunks on top
- 1/2 cup sorbet + 1 graham cracker + 1/2 cup berries
- 1 cup frozen yogurt + top with fresh berries and nuts
- Homemade Berry Smoothie = Combine your own proportion of low-fat milk + frozen strawberries + 1 banana in a blender; Blend for 30 sec
- Homemade Easy Quesadilla = Sprinkle 1 oz grated cheese over a corn tortilla, add 1/4 cup black beans, fold in half; Microwave for 20 sec
- Mini Pizza = toast a whole wheat English muffin, drizzle with pizza sauce, and sprinkle low-fat mozzarella cheese on top; Microwave for 30 sec
- Banana Spilt = cut banana in half, length-wise + low-fat vanilla and strawberry yogurt on top + sprinkle with nuts or seeds

*Note: 1 piece of fruit = 1 medium-size apple, peach, orange, 1/2 cup fresh or frozen berries, mango & pineapple chunks, a mixed fruit cup, or applesauce cups, and 1/4 cup dried fruit

Healthful Snack Ideas - *Shopping List*

	<i>Cereals</i>	<i>Breads</i>	<i>Crackers</i>	<i>Chips/Bars</i>	<i>Frozen Grains</i>	<i>Whole Grains</i>
Grains	ready-to-eat cereal, low sugar	corn tortillas	baked cheese crackers (i.e., Cheez-Its, Goldfish)	fiber bars	toaster waffles, whole grain	rolled oats, old-fashioned
	granola, low-fat	sliced bread, whole grain		protein bars	bagels, mini, whole grain	popcorn kernels
	crunchy cereal (i.e., Kashi GOLEAN Crunch!, All-Bran, FiberOne)	English muffins, whole wheat	whole grain crackers (i.e., Triscuits, Wheat Thins)	fig bars	oatmeal, steelcut, frozen	
	oatmeal, instant, whole grain (i.e., Trader Joes Heart Healthy Whole Grain Blueberry...)	hamburger buns, whole wheat	graham crackers	crunchy granola bars (i.e., Nature Valley Oats n' Honey)		
	sandwich thins, whole grain	animal crackers	individual snack bags of chips, pretzels			
			corn chips			

	<i>Fresh</i>	<i>Non-perishable until opened</i>	<i>Dried</i>	<i>Frozen</i>
Fruits	apples	applesauce, no sugar added	raisins	blueberries
	oranges	fruit cups, in light syrup	craisins, reduced sugar	strawberries
	pears	100% fruit juice or fruit and veggie juice blends (i.e., V8 Fusion)	dried cherries	mixed berries
	plums		dried apricots	mango chunks
	clementines		figs	pineapple chunks
	peaches		dates	100% fruit juice popsicles
	bananas			

	<i>Fresh</i>	<i>Non-perishable until opened</i>	<i>Frozen</i>
Vegetables	celery carrots cucumber spinach bell peppers avocado	pizza sauce, with minimal or no sugar added vegetable soup, heart-healthy, low-sodium 100% veggie juice, low-sodium	green beans sweet peas corn edamame/soy beans in pods or shelled

	<i>Milk</i>	<i>Cheese</i>	<i>Eggs</i>	<i>Yogurt</i>
Dairy	cows milk, fat-free or low-fat almond milk soy milk, light coconut milk, light	mozzarella, low-fat, shredded cheddar, low-fat, shredded string cheese, low-fat sliced cheese, low-fat (i.e., Provolone, Swiss) cottage cheese, low-fat	eggs, fresh, large egg substitute, liquid	Greek yogurt, plain, non-fat flavored yogurt, low-fat

	<i>Nuts / Legumes</i>	<i>Meat</i>	<i>Fish</i>
Proteins	nut butter, natural (i.e., peanut butter, almond butter, cashew butter) “dry roasted” or “raw” nuts (i.e., almonds, cashews, walnuts, pumpkin seeds, sunflower seeds, edamame) black beans, canned hummus dip (refrigerated)	deli turkey, slices deli ham, lean, slices deli chicken breast, slices	tuna, light, packed in water salmon, wild, packed in water sardines, no salt added, packed in water

	<i>Chocolate-based</i>	<i>Plant/Fruit-based</i>	<i>Milk-based</i>	<i>Fat</i>
Sweets / Fats	chocolate chips, mini, semisweet	Honey	frozen yogurt	margarine, no trans fat
	chocolate, dark, >70% cacao	Sorbet		butter
	pudding cups, low-fat			

	<i>For Flavor</i>	<i>For Dips</i>
Condiments	mustard, spicy, yellow, or dijon	ranch dressing, low-fat
	mayonnaise, light or reduced-fat	salsa, no sugar added
	chili sauce (i.e., Sriracha, Tobasco)	