



# Healthy Snack Options

(about 200 calories)

- 8 oz skim milk & fruit (1 c. of berries, banana, orange, kiwi or other)
- 1 c. plain yogurt with ½ to 1 c. berries
- 8 oz skim milk with 1 serving whole wheat crackers
- ½ bagel with 1 tbsp peanut butter
- 2 c. air-popped popcorn with 8 oz skim milk
- carrot and celery sticks with hummus
- 1 c. melon chunks with ½ c. cottage cheese
- rice or corn cake with peanut butter, refried beans, or hummus
- 1c. broth-based soup (minestrone, lentil, bean or chicken noodle) with 6 whole wheat crackers
- baked tortilla chips with salsa
- ½ tuna sandwich
- ½ to 1 small baked potato with 1 oz. grated lowfat cheese
- string cheese and fruit
- 1 snack-size Clif bar with fruit (banana, apple, or orange)
- 1 c. plain yogurt sprinkled with almonds, walnuts or lowfat granola
- granola bar and fruit
- 1 boiled egg with fruit
- 1 c. edamame
- 3-4 pc. California rolls
- smoothie: ½ c. plain yogurt, ½ banana, 2/3 c. strawberries, 1 kiwi
- 8 oz plain yogurt with kiwi or ½ c. strawberries, 2 gram cracker squares
- ½ c. cottage cheese and ½ c. pineapple chunks
- string cheese and ¼ c. raisins
- ½ c. Cheerios, 1 tbsp. raisins, and 1 tbsp. peanuts
- 1c. soup with 1 c. melon
- 2 tbsp dried fruit and 1 tbsp. nuts
- lowfat string cheese and 20 grapes
- 1c. broth soup with whole wheat crackers
- 1 whole wheat pita with veggies and hummus
- 1 Nutrigrain bar and apple or pear
- ½ c oatmeal
- 1 sliced apple or pear dipped in 2 tbsp peanut butter or vanilla yogurt
- ½ c. cooked brown rice with ½ c. beans
- 1 c. shrimp cocktail
- 1 3 ½ oz can tuna with 8 whole grain crackers or celery sticks
- 1 ½ c. dark green salad with colorful veggies like red peppers, carrots, red onion, and tsp olive or canola oil dressing
- 1 small bran muffin and fruit
- 1 c fruit salad with 2 tbsp walnuts or almonds