

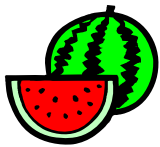
50 Healthy Snack Ideas

Choosing healthy snacks can be easy. Take some time to look at the ideas below so when you are hungry between meals, you will have the foods for guilt-free snacks.

Some of the snacks are grab and go and can be put in your book bag.

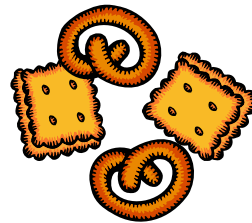
Fun Fruits and Veggies

1. Fresh fruit - apples, pears, oranges, grapes, bananas, grapefruit, papayas . . .
2. Raw vegetables with a low-fat or fat-free dip or salad dressing
3. 1 serving of dried fruit
4. Celery sticks with peanut butter
5. Carrots and celery with a slice of low-fat cheese
6. 1 cup fruit salad or a fruit snack pack
7. Assorted salads - fresh greens with a light dressing)
8. 1/2 cup of vegetable soup
9. Applesauce sprinkled with cinnamon
10. Fruit slushy drink
11. Low sodium vegetable juice - V-8



Great Grains

12. Small handful of crackers or pretzels
13. Crackers with a slice of low-fat cheese
14. Rice cakes with reduced fat cream cheese - try some of the lite flavored cream cheese
15. 1 cup of dry cereal - Frosted Mini Wheats, Corn Flakes, Raisin Bran, . . .
16. 1 cup of light microwave popcorn
17. Toasted English muffin with fruit spread
18. Whole-wheat toast with peanut butter
19. Low-fat blueberry, bran, or corn muffin
20. Graham crackers, animal crackers
21. Sesame breadsticks with low-fat cream cheese
22. Crackers with peanut butter or low-fat cream cheese
23. Bagel chips with low-fat cream cheese
24. Mini bagel with low-fat veggie cream cheese
25. Tostitos with salsa
26. 1/4 - 1/2 cup of trail mix
27. Granola bars
28. Pretzels dipped in mustard or horseradish sauce



Protein Pumping Snacks

- 29. Egg whites or egg substitutes
- 30. Hard-boiled egg
- 31. Slice of lean ham or turkey with mustard
- 32. A spoonful of peanut butter
- 33. One serving of unsalted peanuts, almonds, or walnuts

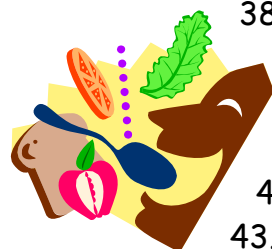


Divine Dairy

- 34. Low-fat yogurt with fruit and you can add 1/4 cup of low-fat granola
- 35. Low-fat frozen yogurt topped with fruit like strawberries or blueberries
- 36. Cottage cheese
- 37. Part-skim string cheese



A Real Mix



- 38. Banana smoothie - skim or soy milk blended with 1/2 a banana
- 39. Hummus on whole wheat crackers
- 40. Baby carrots, green pepper slices, cucumbers with hummus
- 41. Pitas with vegetables and a light salad dressing
- 42. Cottage Cheese with fruit (mandarin oranges, strawberries, etc.)
- 43. Banana or Apple with peanut butter

Just for Fun

- 44. Fruit bars - Nutrigrain, Snackwell's fruit bars
- 45. Pudding cups with animal crackers
- 46. Fig Newtons
- 47. Flavored yogurt over angel food cake
- 48. Creamsicles, popsicles, and fudgicles
- 49. Sugar-free jell-o
- 50. Sugar-free jell-o mixed with fruit

