

Healthy Snack Ideas

- **Whole grain crackers spread with bean dip**
- **Popped popcorn sprinkled with grated cheese**
- **2 Tbsp any nut and 1 cup Cheerios (make into trailmix)**
- **½ cup non-fat cottage cheese and 2 pineapple slices**
- **Fresh Vegetables (carrot sticks, cucumber slices, cherry tomatoes) dipped in non-fat cottage cheese or hummus**
- **Bananas dipped in non-fat yogurt**
- **Three-cups air-popped popcorn**
- **Small, whole wheat tortilla spread with non-fat refried beans and salsa, lettuce and tomatoes**
- **Celery sticks one tablespoon peanut butter, topped with shredded carrots**
- **Frozen fruit cubes: pureed applesauce or fruit juice frozen into cubes**
- **One slice whole grain toast with one tablespoon peanut butter ½ chopped banana**
- **1 cup fruit salad with any of the following: raspberries, blueberries, kiwifruit, strawberries, grapes, watermelon chunks, mango, papaya, apple, or banana slices**
- **Non-fat yogurt with a sliced peach or other piece of fruit**

- **½ whole-wheat English muffin with tomato sauce and non-fat mozzarella**
- **½ whole-wheat English muffin with tuna fish made with non-fat mayo**
- **1/2 small (3-ounce) baked potato topped with plain non-fat yogurt and broccoli**
- **Sliced apple with 1 tablespoon peanut butter**