

Healthy Snack Ideas

- 10 Whole cashews or 15 whole almonds (unsalted) with 1 small orange
- 2 level tablespoons hummus with 16 baby carrots
- 1 level tablespoon peanut butter spread over 1-2 stalks celery
- 1 banana plus 10 whole almonds (Try freezing the banana... it won't change the calories but gives it a different texture)
- 1 apple plus 1 level tablespoon peanut butter
- 1 cup plain or flavored *fat free* yogurt plus 2 tablespoons granola**.
- Salt-free 94% Fat Free Lite Popcorn (If microwave popcorn, approximately 1/3 of the bag is 1 serving).
- 2 wedges (triangles) Laughing Cow brand *Light Original Swiss* spread over 4 Wheat Thins Low Sodium Crackers
- 2 rice cakes topped with 2 slices low-fat or fat free cheese and a tomato slice
- 1 cup low-fat, low-sodium cottage cheese plus ½ cup fresh pineapple or berries of your choice
- Fruit smoothie: (1 cup skim milk blended with 1 cup frozen whole strawberries). Optional: add ¼ cup crushed ice and 1 packet Splenda.

** Be cautious when choosing a granola as some brands tend to be high in calories. Pick one that has about 110 calories per 1 ounce serving that has 1g or less saturated fat.