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 trail mix)
- 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