

Smart Snacks

When you choose to snack, think of it as a way to fit in more veggies, fruits, whole grains, and healthy fats. These foods can fill you up and give you an energy boost.

TIPS

- Watch your portions.
 - ▶ Use measuring cups and spoons to help.
 - ▶ Do not eat out of a family size bag or box.
- Do not snack in front of the TV or computer, while reading, or while driving.
- Stock up on healthy snacks so you have them on hand.
- Shop for snacks along the perimeter of the store. (Skip the candy and chips in the middle aisles.)

HEALTHY SNACK IDEAS

Lower in Carbohydrate (<5 grams)

- ¾ cup of light popcorn
- 1 cup sugar-free gelatin
- 3 celery sticks + 1 Tablespoon of peanut butter
- 5 baby carrots
- 5 cherry tomatoes + 1 Tablespoon ranch dressing
- 1 hard-boiled egg
- 1 cup cucumber slices + 1 Tablespoon ranch dressing
- 1 cup of salad greens + ½ cup of diced cucumber + drizzle of vinegar and oil
- 1 frozen sugar-free popsicle
- 10 goldfish crackers
- 1 string cheese stick

HEALTHY SNACK IDEAS (continued)

Other Good Snacks (with more carbohydrate, about 15-20 grams)

- 1 small apple + 1 slice reduced-fat cheese
- ½ cup plain yogurt + ½ cup canned fruit or fruit cocktail (drained and rinsed)
- 3 cups light popcorn
- 1/3 cup hummus + 1 cup raw fresh cut veggies
- 1 cheese quesadilla + ¼ cup salsa
 - ▶ make with one 6-inch corn tortilla + ¼ cup shredded cheese
- 5 whole wheat crackers + 1 piece of light string cheese
- ½ turkey sandwich
 - ▶ make with 1 slice whole wheat bread + 2 slices turkey + mustard
- ½ peanut butter sandwich
 - ▶ make with 1 slice whole wheat bread + 1 Tablespoon peanut butter
- ¼ cup dried fruit and nut mix
- 1 cup tomato soup or veggie soup (not creamy)
- ½ toasted English muffin + 2 Tablespoons mashed avocado
- ¼ cup cottage cheese + ½ cup canned or fresh fruit
- 2 rice cakes + 1 Tablespoon peanut butter

What snacks do you usually have?

1. _____
2. _____
3. _____

Are there foods you can swap out to make your snacks healthier?

Write down healthy snacks you'd like to try:

1. _____
2. _____
3. _____