

## SATISFYING & ENERGIZING SNACKS

Snacks are an important part of eating well. Planned snacks provide opportunities to eat health promoting foods and keep your appetite in check, which fosters a healthy body weight.

These snack ideas combine carbohydrate and protein sources and make satisfying snacks. While all-day snacking can lead to unwanted weight gain, mindful snacks between regular meals can actually lead to fewer calories throughout the day. In addition, well planned and balanced snacks lead to better energy, focus and concentration.

Allow your body to guide you. If you feel physically hungry and recognize that you need to eat between meals, plan to eat a snack. Not sure how much to eat for a snack? Choose a small snack if a meal is planned within 2 hours (50 and 125 calories). If your next meal will be within 2-4 hours, have a more substantial snack of 150-225

### “Tide You Over” Snacks

#### *On-the-Go*

- ½ cup cherry tomatoes and 1 string cheese stick
- ½-1 banana with 5 walnuts
- 2 tablespoons cup dried unsweetened fruit (apricots, prunes, raisins, cherries, blueberries) with 10 almonds
- ½ cup non-fat frozen yogurt
- 5 small pretzels with 1 Baby Bel® cheese
- 1 apple and 12 almonds
- 1 container low fat yogurt or Greek yogurt
- 1 oz. turkey or beef jerky or seitan jerky
- 6 mini rice cakes with 1 ounce cheddar cheese
- ½ whole-wheat pita with 2 tablespoons hummus and cucumber and tomato slices
- 2 celery sticks stuffed with ¼ cup low fat ricotta mixed with 1 teaspoon vinaigrette
- 1 piece Laughing Cow cheese or Bon Bel cheese and 1 small peach or plum
- 1 ½ cup low-fat microwave popcorn and ¾ tablespoon Parmesan cheese
- Natural fruit leather (Clif Kid®, Twisted Fruit®, Stretch Island Fruit Company®)

#### *In the Dorm, At Home or At Work*

- ½ cup non-fat cottage cheese and ½ cup fruit or raw veggies
- ¾ cup cantaloupe cubes and 1 slice (1 oz) deli turkey
- 6 oz calcium-fortified orange juice and 1 oz. deli meat
- 12 oz vegetable juice (like V-8 or tomato juice)
- 15 baby carrots and 2 tablespoons low fat ranch dressing
- ½ cup baby carrots and cucumber slices with 1/3 cup hummus
- 10 tortilla chips with salsa
- 1 cup spinach salad with 1 tablespoon vinaigrette
- 1 cup vegetable soup with 4 Triscuits
- ½ cup dry low sugar cereal (Shredded Wheat, Kashi Autumn Harvest, Nature’s Path Flax Plus) with ½ cup low fat milk or yogurt
- 1 cup split pea soup
- 1 cup low fat milk or chocolate milk
- 1 frozen fruit bar
- 1 fat free pudding cup
- 2 Fig Newtons® with 1 cup milk or yogurt
- ½ whole grain English muffin topped with 1 tablespoon marinara and 1 tablespoon shredded mozzarella

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## Balanced Substantial Snacks

### *On-The-Go*

- ½ lean deli meat sandwich (no cheese, no mayo) and an apple
- 1 (1 ¼ oz.) package of peanuts
- 1 Lara®, Kind®, Kashi TLC®, Luna®, Pria®, Balance®, Odwalla®, Nature Valley®, or Powerbar Harvest Bar®
- 2 celery sticks stuffed with 2 tablespoons natural peanut butter and topped with 2 tablespoons raisins
- 1 natural peanut butter packet and 1 medium apple
- ½ peanut butter and jelly sandwich (1/2 tablespoon peanut butter, 1 teaspoon fruit preserves)
- 6 oz. low fat yogurt mixed with 2 tablespoons Grape Nuts® cereal
- 4 rectangles melba toast with 1 oz. deli meat and cucumber slices
- Homemade trail mix recipe: 1 cup cheerios, ¼ c raisins, ¼ c nuts
- 1 tablespoon almond butter with 1 graham cracker square and apple or pear slices
- 1 small whole wheat tortilla spread with 1 tablespoon natural peanut butter and ½ sliced banana; rolled up
- ½ whole wheat pita stuffed with ¼ cup low fat cottage cheese and bell pepper or tomato slices
- 25 grapes, 1 oz cube cheddar cheese, and 6 Ry-Krisp® crackers
- 1 corn tortilla spread with 1/3 cup refried black beans and 1 tablespoon salsa, rolled up

### *In the Dorm, At Home or At Work*

- 1 hard-boiled egg smashed on a slice of whole-wheat toast with a slice of avocado and tomato
- ½ whole grain English muffin with 1 tsp natural peanut butter and 1 tsp of fruit preserves
- 1 cup low fat plain yogurt with ½ cup berries and 1 teaspoon chopped nuts
- 1 packet instant unsweetened oatmeal made with skim milk, cinnamon and 1 tablespoon raisins
- ½ can (3 oz.) water packed wild salmon or light tuna mixed with 2 teaspoons mayonnaise and 10 Mary's Gone Rice Crackers
- 1 toasted whole wheat frozen waffle (Van's®, Kashi®) with 1 tablespoon ricotta cheese mixed with cinnamon and ½ cup fruit
- 1 cup cereal and ¼ cup skim milk and ½ banana
- 10 tortilla chips with salsa and ¼ cup bean dip
- 7 tortilla chips topped with 1 oz. mozzarella (or string) cheese, melted, and 2 tablespoons salsa
- 1 cup Hormel® turkey with beans chili
- 1 cup lentil soup served over 1 ½ cups any vegetables (not potatoes or squash)
- Cucumber and tomato slices with ¼ cup hummus, 2 black olives and 1 tablespoon crumbled feta cheese
- 1 cup microwaved edamame sprinkled with 1 teaspoon soy sauce
- ½ small sweet potato (microwaved), topped with ½ cup low fat cottage cheese
- Yogurt parfait made with ½ cup low fat yogurt, ¼ cup granola (Bear Naked®, Back to Nature®, Flax Plus®) and ½ cup diced fruit
- Smoothie with ½ cup frozen fruit, ½ cup milk or yogurt, ½ cup water, cinnamon and 1 teaspoon vanilla extract; add ½ cup low fat cottage cheese for extra protein if desired
- Quesadilla made with 1 corn tortilla, ¼ cup shredded cheese and 1 tablespoon salsa