

## Simple Snack Ideas



Snacks are meant to:

- ✓ Reduce hunger between meals
- ✓ Control your appetite
- ✓ Increase veggie and fruit intake

Plan on eating 1-2 snacks every day to keep your energy and concentration high all day long!

### Fruit & Nuts

- An apple and natural peanut butter
- Raisins and almonds
- Pumpkin or sunflower seeds
- Walnuts and dried apricots
- Soy nuts and defrosted frozen raspberries

### Veggie & Protein

- Celery sticks with ricotta cheese and raisins
- Carrots with natural peanut butter
- Bell pepper stuffed with cottage cheese
- Radishes, snow peas and carrots dipped into Ranch dressing mixed with Greek yogurt
- Cherry tomatoes and string cheese
- Baby carrots dipped into hard boiled eggs smashed with mustard

### Balanced Crunch

- Granola sprinkled on yogurt with defrosted frozen peach slices
- Popcorn combo with pecans and raisins
- Honey whole wheat pretzels with natural almond butter and apple slices
- Corn tortilla chips with salsa and black bean dip
- Brown rice cakes spread with natural sunflower seed butter and fruit spread
- 100% whole grain crackers with hummus and cucumber slices (try Triscuits, Trader Joe's Woven Wheats, Ak-Mak, Wasa, Kavli or Mary's Gone Rice Crackers)
- Tostada shell or corn tortilla chips with melted shredded cheese and salsa
- Celery sticks stuffed with cream cheese
- Trail mix made with raisins, dates, peanuts, almonds, sunflower seeds, and bran flakes
- Whole grain cereal with milk and banana slices (try Shredded Wheat, bran flakes or granola)

### Smooth & Creamy

- A small carton of yogurt
- Greek yogurt with a drizzle of honey
- Smoothie made with yogurt, frozen fruit and 100% fruit juice
- Popsicle made from yogurt mixed with 100% fruit juice

