

# “I like to snack; what are some healthy options?”

Use this healthy snacking checklist to snack better.



Snacking has become part of the American way of life. Of course, depending upon what and how much you choose to eat, snacking can help or hurt your diet. The following are a few suggestions to get you going in the right direction.

## Healthy snacking checklist

- Fresh fruit
- Homemade trail mix
- Whole-grain bread
- Whole-grain crackers
- Whole-grain cereal
- Skim or low-fat plain yogurt
- Raisins
- Veggie sticks
- Dried fruit
- Graham crackers
- Fig Newtons
- V8 juice, low sodium
- Broccoli florets
- Tuna
- Vegetarian refried beans
- Hummus
- Applesauce
- Whole-grain cereal bars
- Fruit-yogurt smoothie
- Air-popped popcorn
- Hard-boiled egg
- Natural nut butter
- Frozen fruit bar
- Nuts or seeds
- Bean salad with vinaigrette
- Skim or low-fat cottage cheese

## Some winning snack combos

Get creative and make your own combination snacks. This is a great opportunity to sneak fruits and veggies into your day. The number after each snack is the approximate amount of calories. Be sure to read the food labels!

- 2 celery sticks and 2 tbsp. peanut butter (206)
- 2 Fig Newtons and 1 cup skim milk (220)
- 1 cup raw veggies and 1/4 cup hummus (160)
- Low-fat string cheese and a 6" whole-wheat tortilla (150)
- 1 applesauce pack and 2 graham crackers (110)
- 1 non-fat plain yogurt cup and 1 piece of fruit (260)
- 2 cups air-popped popcorn and a box of raisins (145)
- 1 cup low-fat cottage cheese with 1 piece fresh fruit (220)
- 1 slice whole-grain bread and a 3 oz. can tuna (170)
- 1 cup instant lentil or bean soup and a corn tortilla (170)
- 8 baked tortilla chips and salsa (70)

## Snacking sleuth

Explore the health food section at your grocery store and discover new healthy snack options.

Treat yourself to a new cookbook or cooking magazine at the store or library.