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