

## GO ANYWHERE SNACKS

**Refrigerator snacks** - Stock your refrigerator with ready-to-go healthy snacks: low fat dairy (yogurt, cottage cheese, cheese, milk, chocolate or vanilla flavored soymilk), lean deli meats, fruit juice, ready-to-eat fruit, and fresh vegetable sticks, baby carrots or baby (cherry) tomatoes, spiced applesauce.

**Office snacks** - Prepare for unscheduled meetings and deadlines by stashing nutritious snacks in your office or workplace: instant soup, pretzels dipped in mustard, whole-grain cereal, mini cans of water-packed tuna, boxes of raisins, instant oatmeal, dried fruit or single serve fruit cups, or whole-wheat crackers.

**Microwave snacks** - Heat single-serving soups. Make instant pizza by topping a whole-grain bagel or English muffin with tomato sauce and cheese. Make hot bean dip with refried beans, salsa, and mild green chilies, and serve with baked tortilla chips. Melt part – skim or mozzarella cheese on a microwaved baked potato. Microwave a sweet potato and top with low fat sour cream. Slice an Okinawa (purple) potato to snack on throughout the day.

**Sweet snacks** - Try these goodies: pudding with vanilla wafers, oatmeal-raisin cookies, fig bars, graham crackers or rice cakes with peanut butter, hot chocolate, frozen yogurt, dried fruit, raisin toast, frozen fruit bars, whole fruit sorbet, homemade low-fat bran muffins, whole grain toast with peanut butter and sliced bananas, and sugar-free Jell-O made with fresh fruit and marshmallows.

**Traveling snacks** - Take along on trips or events: canned or boxed juice, crackers and cheese or peanut butter, string cheese, pretzels, air-popped or light microwave popcorn, fresh fruit, dried fruit, cereal-raisin-nut trail mixes, granola bars, single serve boxed soy milk.

### SNACK IDEAS

It is mid afternoon, you feel drained and you reach for a pick-me-up” for some re-found energy. Or you are studying for an exam and you forgot to eat lunch and now its 9:30 p.m. and you are starving – but you are studying and have few snacking options. Often you reach for convenient snacks like candy bars, soda, and chips. Plan ahead and have healthy snacks at home or bring a snack from home when you are out studying (keeping small containers and plastic baggies handy for packing snacks)! Try some of the snacks mentioned below.

- One-half of a cantaloupe filled with ½ cup of fat-free yogurt
- A frozen fruit bar and sparkling water
- One low-fat granola bar and a small banana
- A fruit smoothie
- Air-popped popcorn topped with Italian seasonings and a sprinkle of Parmesan cheese
- Baked tortilla chips and salsa
- One orange and six animal crackers
- One-half cup of frozen yogurt and a small banana
- Low-fat hummus and pita wedges
- Celery stuffed with low-fat bean dip
- Cinnamon bagel chips and ½ cup fat-free cottage cheese
- Fat-free pretzel stick and 1%, skim or soymilk with chocolate syrup

- One-half cup couscous topped with tomato sauce and ½ teaspoon of Parmesan cheese
- Dried fruit such as apricots, apple rings, or a small box of raisins and a low-fat string cheese stick
- Reduced sodium vegetable juice and two white cheddar popcorn cakes
- Ready-to-eat whole grain cereal with soymilk
- A tortilla rolled up with vegetarian fat-free refried beans and a sprinkle of Mexican blend cheese (heat in the microwave to melt the cheese)
- Apple slices and homemade apple dip
- Ants on a log: celery stick with peanut butter spread in the center, topped with raisins
- Raw sweet potato sticks instead of carrot sticks (carrots sticks are good also!)
- Two Graham cracker sheets with one tablespoon reduced-fat peanut butter
- One medium size low-fat muffin with a juice box or chocolate milk box

### **MORE SNACK IDEAS – Nutritious snacks containing 200-400 calories**

- Dried unsweetened apples (½ cup) mixed with almonds (¼ cup) and oat squares cereal (½ cup)
- Water packed light tuna (½ a can) tossed with chopped celery (1 stalk) and light mayonnaise (1 Tbsp.)
- Baby carrots (20 medium carrots) with 1% fat cottage cheese (½ cup) and fat-free ranch dressing 2 Tbsp.
- Quesadilla: corn tortillas (2 tortillas) with light cheddar cheese (2 oz.) cooked using cooking spray
- Whole-wheat pita pocket (64 grams) stuffed with tomato (½ medium tomato), light cheddar cheese (2 oz.), and fat-free ranch dressing (2 Tbsp.)
- Reduced fat peanut butter (3 Tbsp.) on celery sticks (2 stalks) topped with raisins (20 raisins) and grated carrots (¼ cup)
- Air-popped popcorn (2 cups) mixed with diced dry apricots (½ cup) and 10 pretzel twists (60 grams)
- Fruit smoothie: blend together frozen pineapple (1 cup), non-fat tropical yogurt (8 oz.), coconut extract and water as needed
- Banana (1 medium) dipped in non-fat yogurt (4 oz.) and honey-nut Cheerios (½ cup)
- Reduce fat peanut butter (2 Tbsp.) on rye crisp bread (4 wafers)
- Whole-wheat pita pocket (64 grams) and hummus (¼ cup)
- Apple with light cheddar cheese or a pear with brie cheese (1 fruit and 2 oz. cheese)
- Microwaved baked potato (1 medium) topped with salsa (½ cup) and reduced fat sour cream (2 Tbsp.)

### **BRAND NAME SNACK IDEAS - nutritious snacks containing 100-200 calories**

- Kashi GoLean® crunchy bar
- 15 Kashi TLC® crackers and 1 Kraft American 2% Milk Single
- Nabisco Reduced Fat Triscuits® (7 crackers) and Kraft-String-ums string cheese
- Blue Bunny Lite 85 yogurt®
- Nabisco 100 calorie packs – all varieties
- Mott's Original or Cinnamon Applesauce®
- Del Monte Mixed Fruit in plastic cups®