

Whether a mid-morning “pick-me-up” or an afterschool mindful munchie, healthy snacks boost energy, provide additional nutrients, and can help prevent overeating at mealtimes. Use the suggestions as a guide to help plan low fat/low sugar and tasty snacks. A healthy snack should be about 200 calories and should contain more than one food group.



Fruits/Vegetables

- Fresh fruit and low fat yogurt dip
- Fresh veggies and low fat salad dressing (Ranch, Honey Mustard, 1000 Island) or dips
- Fresh or canned fruit cups
- Dried fruit (apricots, raisins, pineapple, apple, plums) mixed with nuts (1/4-1/2 cup)
- Apple or banana slices spread with 1 Tbsp peanut butter

Dairy/Protein

- String cheese (1-2) or low fat cheese cubes (from 2% milk) (1 oz serving)
- Low fat/low sugar pudding cups
- Nuts (1/4 cup)
- Trail mix (1/3 cup)
- Cottage cheese and fruit
- 4 saltine crackers with 1 Tbsp peanut butter
- Lean deli meats—ham, turkey, roast beef (2 oz)
- Light yogurt (fruit or low fat plain) with $\frac{1}{4}$ cup low fat granola



Grain-based Snacks

- Baked chips, pretzels, goldfish crackers, animal crackers (1/2 cup) with a glass of low fat milk
- Vanilla wafers (about 8) spread with 1 Tbsp peanut butter
- Vanilla wafers (about 8) with low fat, sugar free pudding
- $\frac{1}{2}$ -1 mini bagel with 2-3 thin slices of deli meat or 1 slice low fat cheese
- Low fat/low sugar breakfast or granola bar with 1 glass low fat milk
- 2-3 graham crackers with 1 glass of low fat milk or 1 Tbsp peanut butter
- Baked tortilla chips (about 12) dipped in salsa or low fat bean dip

