

Healthy Snack Ideas

Nutrition Education
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For Your Health

When the snack attack strikes you know it's time to refuel. Having a snack is a good way to add nutritious foods to your diet and a way to keep you going in between meals. Below are some healthy snack ideas. Enjoy!

Dip It!

- Veggies or pita chips and hummus
- Baked tortilla chips and salsa
- Strawberries and low-fat yogurt
- Veggies and low-fat ranch dressing
- Baked tortilla chips and bean dip
- Apple slices and low-fat yogurt
- Granola bar and low-fat yogurt
- Baked tortilla chips and guacamole
- Graham crackers and applesauce
- Apple slices and peanut butter

Packed with Protein

- Deviled eggs
- Mixed nuts or trail mix
- Greek yogurt with fruit
- Deli roll up: turkey, chicken, or roast beef wrapped with lettuce, cheese slice or tomato
- String cheese with fruit
- Nut butter boat: peanut or almond butter on celery sticks or bananas with raisins
- Low-fat chocolate milk
- Tuna pouch with crackers
- Hummus with vegetables or pita chips

A Mini Sandwich

- Egg salad on a whole grain roll
- Banana or jelly and nut butter on a whole grain roll
- Slice cheese on a whole grain roll
- Tuna or chicken on a whole grain roll
- Deli meat on a whole grain roll