

MHealthy Nutrition: **FUN SNACK IDEAS**

MIX AND MATCH SNACK IDEAS

- String cheese stick
- Whole grain pretzels
- Popcorn (with or without seasoning such as parmesan cheese or chili powder)
- Hard boiled egg(s)
- Greek or Regular Yogurt (If desired, add granola, sunflower seeds and/or berries)
- Fruit Smoothie: ½ cup frozen berries, ½ cup yogurt, & 1 cup ice cubes
- Edamame
- Fresh Fruit (apples, oranges, strawberries, blueberries, bananas, grapes)
- Canned Fruit (no sugar added)-peaches, pears, pineapple
- Dried Fruit (apricots, raisins, cranberries)
- Wasabi peas
- Nuts (almonds, cashews, peanuts, pistachios, walnuts, pecans)
- Seeds (sunflower, Chia)
- Tortilla chips with salsa or bean dip
- Frozen fruit bar
- Vegetable soup with crackers
- Caprese Salad (1 oz Mozzarella cheese, 1 medium tomato, drizzled with 1 tsp balsamic vinegar)
- Peanut butter or cream cheese and celery sticks
- Whole grain crackers and cheese
- Apple slices with peanut butter
- Hummus with pita bread or carrots, cucumbers or sugar snap peas
- Whole Grain English muffin and nut butter
- Avocado on whole wheat toast
- Cottage cheese with fresh or canned fruit
- Cereal & milk
- Granola bar
- Guacamole & bell peppers
- Oatmeal with dried fruit or nuts
- Tuna salad pouch & whole grain crackers
- Kale chips
- Fruit & cheese mini kabobs
- Whole wheat bread with nut butter and jelly
- Graham crackers and milk
- Cinnamon applesauce and nuts
- Pumpkin Smoothie: 6 oz plain Greek yogurt, ¼ cup canned pumpkin, ¼ tsp pumpkin spice and 1 Tbsp honey
- Turkey or Tuna Sandwich
- Trail Mix
- 1 Hard-cooked egg & 1 Tbsp mayo & 1 slice whole wheat bread
- Cottage cheese topped with cucumber, tomato, & avocado
- Roasted Garbanzo Beans (with seasoning if desired: parmesan cheese and garlic)

SNACK TIPS

- Serve snacks on a plate or in a bowl
- Divide snacks into snack-size baggies if you're on the go
- Limit eating while watching TV, reading or being on the computer
- Plan snacks ahead of time to avoid getting overly hungry
- For a satisfying snack, try to include protein and high fiber choices