

# Healthy Snacks

Snacking can contribute to a healthy diet, ensuring that your body gets the fuel it needs every 3–5 hours to control your blood sugar and appetite, and keep you energized.

A snack, as opposed to a treat, is a “mini-meal” meant to provide nutrients required by the body. Snacks that contain a combination of carbohydrates with fiber and protein, while low in fat, salt, and sugar, are better at controlling blood sugar and appetite. Try these ideas for healthy snacks.

## **Average 15 grams (g) total carbohydrate\***

- One whole Thomas<sup>®</sup> Light Multi-Grain English Muffin with 1 tablespoon (Tbsp) nut butter
- 2 Tbsp raisins and ¼ cup (C) almonds
- Hard-cooked egg and one slice of whole-wheat toast with ½ teaspoon (tsp) margarine
- One half banana or one medium apple with 1 Tbsp peanut butter
- ½ C low-fat cottage cheese and ½ C lite peaches
- 4 ounce (oz) Kozy Shack<sup>®</sup> No Sugar Added Rice Pudding and ¼ C nuts
- Kabobs made with 1 C melon and 1 oz low-fat cheese
- Celery and dip made from 1 Tbsp peanut butter and 2 Tbsp raisins
- ½ C sugar snap peas and 2 Tbsp hummus (bean dip)
- Five Reduced Fat Triscuits<sup>®</sup> with 1 oz low-fat cheese
- ½ C lite tuna or egg salad in one half of a whole-wheat pita
- One whole Thomas Light Multi-Grain English Muffin topped with tomato sauce and 1 oz low-fat mozzarella cheese, and then baked
- 10 Multi-Grain Wheat Thins<sup>®</sup> with 1 oz low-fat string cheese and 4 fluid ounces (fl oz) of tomato juice
- One small baked potato topped with salsa and 1 oz low-fat cheese
- 1 oz lean ham rolled in one whole-grain pancake

## **Average 30 g total carbohydrate\***

- Trail mix (example: 1 C Kashi<sup>®</sup> Heart to Heart<sup>®</sup> Cereal, 2 Tbsp dried cranberries, ¼ C almonds)
- Whole-wheat tortilla filled with ½ C low-fat refried beans, 1 oz low-fat cheddar cheese, and salsa, and heated in microwave
- One half banana and 1 Tbsp peanut butter placed and rolled in whole-wheat tortilla
- ½ C whole-grain cereal with ½ C skim milk
- 1 C sugar-free, fat-free yogurt, topped with ¼ C Fiber One<sup>®</sup> or Grape-Nuts
- One Eggo<sup>®</sup> Nutri-Grain<sup>®</sup> Waffle, dipped in ½ C Mott's<sup>®</sup> Healthy Harvest Sauce (applesauce)
- ½ C fruit blended with 1 C low-fat, sugar-free yogurt and 2 Tbsp flaxseed meal
- Nachos made with eight Baked Snyder's<sup>®</sup> of Hanover MultiGrain Tortilla Chips, 1 oz cheese, and salsa
- ½ C Pepperidge Farm<sup>®</sup> Goldfish<sup>®</sup> Baked Snack Crackers Made With Whole Grain and a medium apple
- Whole-wheat tortilla, topped with ½ C apples and low-fat cheddar, and then heated in microwave
- 9 oz angel food cake or reduced-fat biscuit with 1 C strawberries
- One small baked sweet potato, topped with ½ C pineapple tidbits
- One small baked potato, topped with ½ C bean chili
- 3 C low-fat popcorn with 2 Tbsp nuts and 1 C sugar-free hot cocoa

\* Data obtained from a variety of sources, including food labels and the US Dept of Agriculture (USDA) National Nutrient Database (<http://ndb.nal.usda.gov/>)