

Healthy Snack Ideas

Snacking doesn't have to derail your healthy eating habits. Pairing a healthy carbohydrate (think fruits, vegetables, whole grain) with a healthy fat or protein is a great way to keep you feeling full longer, control your blood sugar, and make sure you're getting enough nutrients in your diet.



The keys to healthy snacking are:

- Choose the foods you snack on wisely.
- Watch the portion size of the food you eat.
- Snack only when you are hungry
- Snacks should be 200 calories or less.

Try pairing any of the items in Group A with Group B:

Group A

- Whole wheat English muffin
- 1 medium apple, sliced
- 2 celery sticks
- 1 slice whole grain bread
- Carrots
- Fresh berries
- 1 medium banana
- Whole wheat pita pocket
- 1 sliced tomato
- Whole grain crackers
- 3 cups air-popped popcorn
- ½ cup whole grain cereal (Cheerios, Grape Nuts, Fiber One 80 calories)
- 1 oz baked tortilla chips (about 14 chips)

Group B

- 1 cup plain, low-fat yogurt (Greek or regular)
- 1 tablespoon peanut butter
- 12 almonds
- 1 Tablespoon low-fat cream cheese
- 1 slice low-fat cheddar cheese
- 1 low-fat mozzarella cheese stick
- 2 tablespoons hummus
- 2 tablespoons guacamole
- 1 hard-boiled egg
- Low-fat cottage cheese
- Canned tuna or chicken made with 1 tbs light mayo