

Great Snack Combinations

4



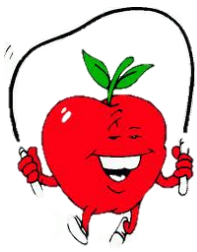
- * Stuff celery slices with low-fat cream cheese or peanut butter
- * Serve baked tortilla chips with salsa
- * Have fresh cut up veggies with low fat salad dressing/dip
- * Make your own trail mix with whole grain cereal (Cheerios, Raisin Bran, Grape Nuts, Wheaties), dried fruit like raisins and nuts
- * Enjoy low fat or fat free yogurt or ice cream with fresh chopped up fruit
- * Make a mini pizza with a whole wheat English muffin, a layer of spaghetti sauce and mozzarella cheese
- * Make a quesadilla with low fat cheese, salsa and a whole wheat tortilla
- * Try freezing fruit (grapes, bananas, berries) for a refreshing snack that can be used all year long
- * Pop a bag of low fat popcorn and add a sprinkle of parmesan cheese while hot

What snacks do you usually choose?

Use this space to make a list of your choices.

What changes can you make to eat healthier snacks?

Use this space to make a list of your new choices.



Snack Smart

Make your own snack combination with some of the choices below!

FRUIT	VEGETABLES	DAIRY	STARCHES	MEATS/PROTEIN
Apples/Applesauce	Broccoli	Cheese (sliced, cubed or shredded)	Baked potato fries	Canned tuna
Apricots	Carrot	Fat-free, sugar-free pudding	Baked sweet potato chips	Ground turkey sausage patty
Bananas	Cauliflower	Low-fat cream cheese	Baked tortilla chips	Grilled chicken strips
Berries (fresh or frozen)	Celery	Low-fat or fat-free cottage cheese	Graham crackers	Hard-boiled egg
Canned fruit (in its own juices)	Cucumber	Low-fat or fat-free ice cream	Low-fat popcorn	Hummus
Cantaloupe	Green beans	Low-fat or fat-free milk	Rice cakes	Lunch meat (turkey, roast beef, ham)
Cherries	Lettuce Peppers (green, red, yellow)	String cheese	Whole grain cereal	Nuts (1/4 cup)
Dried fruit	Salad		Whole wheat bread and crackers	Peanut butter
Grapefruit	Salsa		Whole wheat English muffins	Pumpkin seeds
Grapes	Tomatoes (sliced or grape/cherry)		Whole wheat mini bagels	Trail Mix
Honeydew	Yellow squash		Whole wheat tortillas	
Kiwi	Zucchini			
Mandarin oranges				
Mango				
Nectarine				
Orange				
Peach				
Pear				
Pineapple				
Plum				
Tangerine				
Watermelon				

