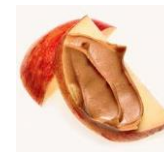




# Create a Healthy Snack!



Use the chart below to create many different snacks. Choose a carbohydrate from the top and a source of protein or heart-healthy fat from the side. An apple with peanut butter and raw veggies with hummus are already there to get you started! How many snacks can you create?!

Choose 1 source of Protein or Healthy Fat 	Choose 1 Carbohydrate (Whole Wheat or Whole Grains, Vegetables or Fruit) (**Be sure to read the serving size on the package and stick to just 1 serving**)									
	Apple or other fruit or berries	1/2 Banana	100% whole grain crackers (1 serving)	6" whole wheat or corn tortilla or wrap	Veggies (baby carrots, sliced cucumber, bell pepper, cherry tomatoes, broccoli, etc.	Whole wheat pretzels (1 serving)	Light or unbuttered popcorn (3 cups popped)	100% whole wheat graham crackers (4 small squares or 2 full crackers)	Whole grain cereal or granola (1 serving)	Baked Tortilla chips (1 serving)
Peanut Butter (1-2 Tbsp)	✓									
Guacamole (1/4 cup)										
Nuts or seeds (1/4 cup)										
Olives (4 Large)										
Tuna (1/2 can w/lite mayo)										
1 Hard-boiled egg										
1 Light string cheese										
Turkey/lean ham ~2 slices										
Greek or regular yogurt										
1/4 cup bean dip/hummus										

\*If you're still hungry try adding a veggie such as some baby carrots, cherry tomatoes, sliced cucumbers or bell peppers, celery sticks, broccoli or cauliflower or a little salsa to use as a dip.

## **Healthy Snack ideas:**

- Bars such as Lara bars®, or Kind bars®
  - Kind® Pressed Mango Apple Chai Fruit Bars
  - That's It bar® - any flavor - dried fruit bars
- Hummus with whole grain pretzels or veggies
- Nuts (stick to 1/4 cup)
- Peanut butter and celery, apple, or whole grain crackers
- Hummus with raw vegetables or whole grain crackers
- Reduced-fat cheese and whole grain crackers (look for at least 3 grams of fiber per serving)
- Dry roasted soy beans or chickpeas (1/4 cup)
- String cheese and an apple
- Sunflower seeds (stick to 1/4 cup) with a banana or mixed with dried fruit, like raisins
- Whole wheat bread or English muffin with cheese or peanut butter
- Yogurt with nuts or fruit (fresh or frozen) or a small amount of granola (1-2 tablespoon)
- Homemade yogurt smoothie made with yogurt and frozen fruit
- Hard boiled egg and a slice of whole wheat toast or a piece of fruit
- 1 slice whole wheat bread with avocado
- 1 serving tortilla chips with guacamole
- 2 slices turkey or ham and a slice of cheese rolled up
- Veggies sliced (carrots, celery, peppers, cucumber, etc.) with lite ranch dip
- Sun butter (1 tablespoon, nut/allergen free) and 1 large rice cake or a serving of whole grain crackers
- Freeze dried apples (no added sugar) - look to see that "dried apples" is the only ingredient
- Dried apple rings (no added sugar)
- Homemade zucchini or radish chips (like how you would make potato chips)
- Individual bag or 3 cups lightly salted popcorn
  - Smartfood® Delight Sea Salt
  - Boom Chicka Pop® Sea Salt