



Healthy Snack Suggestions

Snacks can be very nutritious and great energy boosters. Whether your goal is losing, gaining or maintaining weight, healthy snacks can be a part of your eating plan. To help meet your requirements for vitamins and minerals, use the food pyramid as a guide to select snacks. To keep calories in check, follow the healthy snack guidelines below.

Snack	For fewer calories	For more calories
Fresh Vegetables	Cut into small pieces and serve plain or with a dip of low fat cottage cheese or yogurt blended with dried buttermilk dressing mixes or nonfat salad dressings. Try nonfat dips, too.	Serve with cheese, cheese spreads or sauces, regular sour cream, dips or salad dressings.
Celery Sticks	Spread with low fat cottage cheese, ricotta cheese or low fat cream cheese, and sprinkle with raisins or shredded carrots.	Fill with cream cheese or peanut butter. Sprinkle with finely chopped nuts or coconut.
Bananas	Dip in yogurt (plain or flavored), fruit juice or low fat chocolate syrup.	Spread with peanut butter and roll in coconut, chopped nuts, granola or dried fruits.
Apples	Dip slices in nonfat vanilla yogurt spiced with cinnamon. Drizzle slices lightly with nonfat caramel topping.	Top pieces with slices of cheese, or spread with peanut butter.
Mini Bagels, Bagel Sticks or Breadsticks	Spread lightly with low fat or nonfat cream cheese and top with chopped bananas, crushed pineapple or shredded carrots.	Spread with regular cream cheese, spreadable cheese or peanut butter. Top with granola or dried fruits, or use any of the toppings listed to the left.
Yogurt	Select nonfat or light. Eat with low fat crackers or a piece of fruit.	Choose yogurts made with two percent or whole milk. Add granola or nuts.
Muffins and Quick Breads	Choose low fat recipes that substitute applesauce for oil. Make mini-muffins. Use carrots, zucchini, oats, pumpkin, bananas, squash or berries.	Add nuts, dates or raisins to recipes. Spread with butter, trans fat free margarine, cream cheese or peanut butter
Pita Bread or Flour Tortillas	Try toasting split pitas or tortillas at a very low temperature until cracker-like. Sprinkle with your favorite herbs and spices or a little parmesan cheese. Try salsa as a dip.	Fill pita or tortilla shell with sliced meat and/or cheese, olives, lettuce and tomato. Spread toasted pieces with butter, trans fat free margarine, guacamole, cream cheese or peanut butter.
Popcorn	Serve plain, using a hot air popper, or make three quarts and sprinkle with 1/4 cup grated parmesan cheese and 1/2 teaspoon garlic or onion salt. Try butter-flavored sprays.	Add more cheese to mixture described at left. Serve with moderate amount of melted butter or trans fat free margarine.

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Pudding	Make instant or regular pudding with skim milk. Serve with low fat whipped topping.	Prepare pudding with whole milk. Sprinkle with crushed graham crackers or cookies and top with whipped cream.
Frozen Fruit	Freeze pureed applesauce or fruit juice into cubes, or try frozen grapes.	Dip frozen fruit in caramel or chocolate topping. Try frozen grapes in lemon yogurt.
Fruit Fizz	Add club soda, Diet 7-Up® or Diet Sprite® to fruit juice instead of serving regular soft drinks.	Use regular soda with fruit juices. Substitute juice or milk for water as a beverage.
Fruit Shake	Blend skim milk with fresh fruit (bananas, berries or a peach) and add a dash of cinnamon or nutmeg.	Blend whole milk with fresh fruit and a scoop of ice cream.
Rice Cakes	Serve plain or top with fresh fruit. Try several flavors for variety.	Top with cheese, peanut butter or cream cheese.
Cereals	Bake Cheerios®, Kix®, Rice Chex®, Wheat Chex®, Rice Krispies®, Puffed Wheat® or Puffed Rice® with your favorite seasoning mixture, pretzels and a small amount of butter or trans fat free margarine.	Use granola and snack mixes (“nuts and bolts” types), especially those with nuts or dried fruits.
Fruit	Serve fresh, frozen without sugar or canned in juice or water. Oranges, apples, grapes, bananas, pineapple, watermelon, cantaloupe, strawberries, blueberries, raspberries, kiwi, peaches and grapefruit are all good choices.	Try dried fruit of all kinds with or without yogurt, cheese, peanut butter or cream cheese. You can also use fruits that are canned in syrup or frozen with sugar or syrup.