

Healthy (and Tasty) Snack Ideas

*Try any two of these everyday on top of your regular meals:

- 1 cup of nonfat or low-fat yogurt (toss in fresh fruit)
- 1 cup of low-fat cottage cheese (toss in any fruit or veggies)
- 1 ounce of cheese (4 dice sized cubes or 1 slice)
- 1 ounce of nuts (1/2 of a ping pong ball serving size)
- 1 serving size of high fiber cereal with 1 cup of skim milk
- An apple or banana with 1 tablespoon of peanut butter
- Carrot, celery, and cucumber sticks or 6 wheat crackers with 3 tablespoons of hummus
- Air-popped popcorn (skip butter; sprinkle w/ salt & pepper)
- A small handful of raisins or other dried fruit like apricots, cherries, or cranberries
- A can of V8 or other vegetable juice (look for low sodium)