

Healthy Snacks

Looking for a quick snack? Try one of these healthy options!

- Low-fat (2% milk) cheese with whole-grain crackers
- Cereal bars, such as Kashi GOLEAN, Fiber One, LUNA Bar, LÄRABAR, Kashi TLC, Nature Valley
- Breakfast cereals with skim or 1% milk (choose cereals with less than 6 grams of sugar and more than 3 grams of fiber)
- A hard-boiled egg
- Whole-grain roll-up with turkey, cheese, tomato, lettuce, cucumber, mustard or light mayo
- Fresh fruit
- Frozen fruit, such as frozen grapes
- Sliced fruit in yogurt (with or without nuts)
- Mini pizza (drizzle a whole-wheat English muffin with tomato sauce, sprinkle with cheese, then toast)
- ¼ cup nuts (walnuts, almonds, pecans, cashews, brazil nuts, peanuts) and a fruit
- Peanut butter and apple slices
- Peanuts in the shell or edamame (soybeans)
- Popcorn (no butter)
- Raw veggies with low-fat ranch dressing, cottage cheese or hummus (carrots, cucumbers, celery, broccoli, cherry tomatoes, bell peppers, cauliflower)
- Celery sticks with peanut butter or cream cheese
- Half a sandwich with whole-grain bread, turkey, cheese, lettuce, tomato, mustard
- Bruschetta: toast whole-grain bread, top with fresh chopped tomatoes and basil, season with 1 teaspoon olive oil and a pinch of salt
- Whole-grain waffle topped with low-fat yogurt and sliced peaches
- Low-fat Greek-style yogurt
- Graham crackers
- Whole-grain crackers
- Whole-grain pita with hummus