

Healthy Eating: Sixteen Savory Snacks¹

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Tired of your regular snacks? Here are sixteen snack ideas that are easy to prepare and healthy too! Keep some of these choices handy for the next time you have the snacking urge.

1. $\frac{1}{2}$ cup zucchini, cucumber, or carrot strips dipped in low-fat ranch dressing or plain yogurt
2. Frozen peeled banana (wrap in plastic wrap before freezing)
3. Slice of whole grain toast topped with fruit preserves
4. $\frac{1}{4}$ cup dried mixed fruit
5. Two Graham cracker squares topped with peanut butter and honey (optional)
6. $\frac{1}{2}$ cup low-fat buttermilk
7. $\frac{1}{2}$ ounce low-fat string cheese



Figure 1. Dip fresh vegetables in low-fat dressing or plain yogurt.

Credits: James Gathany, CDC

8. Homemade popsicle (made with your favorite 100% fruit or vegetable juice)
9. Hard-cooked egg and $\frac{1}{2}$ cup 100% fruit juice

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10. $\frac{1}{2}$ cup low-fat yogurt with $\frac{1}{4}$ cup cut-up fruit and granola
11. $\frac{1}{2}$ cup sliced cucumbers and tomatoes with low-fat Italian dressing or plain low-fat yogurt
12. Half of a whole wheat pita bread with hummus (chickpea dip)
13. Slice of whole wheat toast with margarine and a sprinkle of sugar and cinnamon
14. Small whole wheat tortilla topped with low-fat cheese and melted
15. $\frac{1}{2}$ cup low-fat cottage cheese and $\frac{1}{2}$ cup melon or peach cubes
16. $\frac{3}{4}$ cup low-sodium vegetable juice with 4 wheat crackers

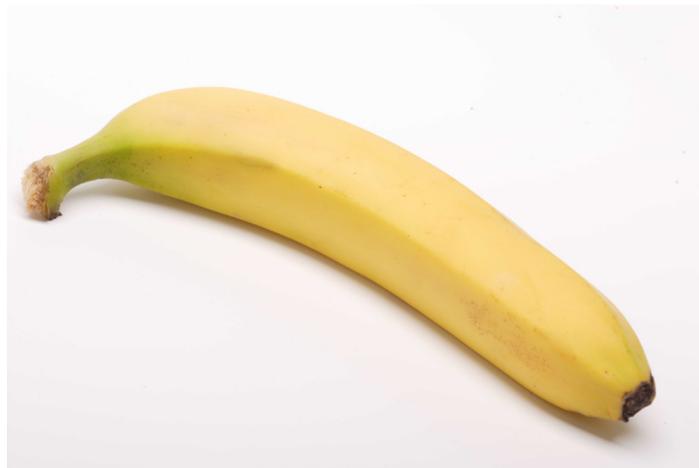


Figure 2. Peel and freeze a banana for a future snack.

Credits: Romek Kowalski, <http://bit.ly/H9RY0a>