

## Snack Ideas

Snacks can be an important part of achieving a healthy weight. But choosing the right healthy snack can be tricky. Here are some tips and ideas for snacks when you need!

### Snacking Tips

- Most kids and teens only need 1 or 2 snacks every day. To make your snacks count, include filling foods that will give you nutrients that are most lacking in our daily diets like fiber, calcium, and vitamin D.
- Make fruits and vegetables your go-to snacks! You need at least 5 servings of fruits and vegetables every day. Make at least one of your snacks a fruit or vegetable.
- Practice portion control. Track, pre-measure, and plan your snacks to help you eat the right amount. Once you have measured out 1 serving of your snack, put the rest away out of sight.
- Check the serving size on the nutrition facts label and make sure you stick to that- for younger kids (4 years or younger), you may need to divide the serving size in half and give this as the snack.
- Snack only when you are truly hungry and it has been 2-3 hours since your last meal. If you just had a meal or snack, try doing an activity (take a walk, dance to music, read) to distract you from snacking when you are not truly hungry.
- Pair foods from two food groups (whole grains, meats and beans, dairy, fruits, and vegetables) for a more satisfying snack time. Pair a fruit or a vegetable with a glass of milk, small cup of yogurt, or some of the ideas below.

Pair This...	With That!
½ cup of grapes	4 ounces of 1% or fat free milk
1 cup of berries	2 tablespoons of light whipped topping
½ medium apple	1 teaspoon of reduced fat peanut butter
½ small banana	6 ounces of fat free yogurt
1 small sliced peach	Cinnamon + 2 tablespoons light whipped topping
1 cup of melon	½ cup of low fat or fat free cottage cheese
1 medium orange	½ cup of 1% or fat free milk
½ cup of frozen fruit blended	6 ounces of fat free yogurt
1 small pear	1 low fat string cheese
½ cup of canned fruit in juice	½ cup of fat free yogurt
½ cup Dole frozen mango chunks	4 ounces low-fat plain yogurt
1 cup of cut celery	2 tablespoons of fat free cream cheese
1 cup of baby carrots	2 tablespoons of hummus
1 medium celery stalk	1 tablespoon of peanut butter and 1 tbsp of raisins
1 cup of sliced cucumbers	2 tablespoons of fat free dressing
1 cup of cut peppers	2 tablespoons of salsa
1 cup tomato slices	2 tablespoons of low fat shredded cheese

1 cup of vegetable soup	3 whole wheat crackers
1 cup of cherry tomatoes	2 tablespoons of low fat bean dip
1 cup of broccoli flowerets	2 tablespoons of fat free vegetable dip
1 cup of mixed sliced vegetables	¼ cup of tuna canned in water + 1 teaspoon of low fat mayonnaise
2 cups of salad with fat free dressing	½ cup canned mandarin oranges
½ cup steamed edamame with the shell	1 tablespoon chili powder
1 light Laughing Cow cheese wedge	5 whole wheat crackers
2 cups fat free popcorn	½ cup 1% or skim milk
1 serving whole grain pretzels	1 tablespoon mustard
1 low fat string cheese	3 whole grain pretzel sticks
½ whole wheat English muffin	Tomato slices and 1 tablespoon of parmesan cheese
½ whole wheat pita	2 tablespoons of fat free dressing and sliced veggies
½ whole wheat pita	1 tbsp of mashed avocado with chopped tomatoes
1 ounce of canned tuna in water + 1 teaspoon of low fat mayonnaise	5 whole wheat crackers
1 slice whole wheat bread with 1 slice turkey	½ cup baby carrots
1 slice of whole grain bread	1 slice of turkey and 1 tbsp of hummus
1 hardboiled egg white	½ whole wheat English muffin
1 ounce turkey or chicken	2 lettuce leaves + 2 tablespoons fat free dressing
8 caramel Quaker mini rice cakes	½ cup of baby carrots
1 flavored Quaker rice cake	2 tbsp of yogurt with banana & strawberry slices
½ of an English muffin	2 egg whites with a slice of tomato
10 almonds and 1 tbsp of cranberries	1 cup of fat free popcorn

## Packaged Snack Foods

Pre-packaged snack foods like granola bars, crackers, and string cheese can easily become less healthy choices if we eat multiple portions.

Choose snack foods that include nutrients that we need in our every day eating pattern. Look for pre-packaged foods that are:

- Lower in added sugar (10 or less grams of sugar)
- A good source of fiber (3 or more grams)
- Lower in fat (4 or less grams of fat)
- Around 100 calories a serving

### Granola Bars

Fiber One regular and 90 calorie bars	Cascadian Farms Chewy (Peanut butter chocolate chip, dark chocolate almond, and oatmeal raisin)
Quaker Chewy 25% less sugar	Fiber Plus
Special K Cereal Bars	Kashi snack bars
Special K Protein Granola Bars	Trader Joe's Fiberful bars (Rolled oats and chocolate chip, dried fruit bars)

### *Grain Snacks*

Herr's Whole Grain and Honey Wheat Pretzels	Kashi Pita Crisps & Heart to Heart Crackers
Snyder's Honey Whole Wheat Pretzels	Kashi TLC Original 7 Grain, Asiago Cheese, Fire Roasted Vegetable
Snyder's Whole Wheat and Oat Sticks	Triscuit
Snyder's 8 Grains and Seeds	Special K Multigrain and Savory Herb Crackers
Snyder's Multigrain Braided Twists	UTZ Seven Whole Grain Pretzel Sticks

### *Yogurts and Dairy Snacks*

GoGurt	Light or fat free string cheese
Fat free yogurt - Yoplait, Activia, Dannon Light n Fit, Yoplait 100 Greek, Chobani plain	8 ounces of 1% or skim milk
Low Fat yogurt- Danonino cups	½ cup low fat or fat free cottage cheese

### **Other ideas for when you need something...**

#### **Sweet!**

2 graham cracker squares + 1 tsp. peanut butter  
¼ cup dried fruit  
1 Frozen 100% fruit bar  
1 Sugar free gelatin or popsicle  
½ cup fat free pudding  
1 packet low fat, no sugar added hot chocolate  
1 small frozen banana  
Strawberries w/ cinnamon & fat free whipped topping

#### **Crunchy!**

3 cups low fat/fat free popcorn  
Homemade snack mix  
Baked pita slices  
14 Mixed nuts  
5 wheat crackers + 1 tsp. peanut butter  
½ serving cheddar Goldfish (27 pieces)  
Homemade kale chips (baked kale)  
12 mini Quaker cheddar rice cakes

#### **WHOA Snacks to Choose Less Often**

Fruit snacks, fruit roll ups, cheez its, chips, cookies, candy, frozen pizza rolls/bagels, corn nuts, ice cream, cake, brownies, buttered/sweetened popcorn, pop tarts, ramen noodles/cup o noodles, honey buns, donuts, big muffins, Nutella, hoagies, cereal

RR, EC,DJ,CM, HWP 8/2013