



# 25 Healthy Snack Ideas

The key to healthy snacking is to find foods that have as much nutritional value as possible that will fill you up so you aren't hungry again a short time later. Think of snacks as "mini-meals" that contribute nutrient-rich foods.

- Snack only when you're hungry - not when you're bored, stressed, or just out of habit. Feed the urge to eat in another way, such as walking, reading a book, working in the garden or taking a bubble bath.
- Keep portion control in mind. Have a single-serve container of yogurt or take a serving out of the package and place in a bowl or on a plate (don't eat straight out of the box or container, which leads to overeating).
- The more "whole foods" (unprocessed or minimally processed) you eat, the better.

For example: A 100-calorie pack of chips or cookies will leave you feeling hungry again very soon AND they are not providing you with any nutrients. If you eat a banana and a few almonds, you are eating something nutritious (vitamins, minerals, fiber, etc.) that will fill you up longer (and help you feel better) and help you avoid the sugar crash.

- Plan snacks ahead of time. Get creative and have different snacks during the week to keep it interesting and to increase the different types of nutrients you are getting.

1. Almonds, walnuts or cashews (a small palm full is usually a serving)
2. Sunflower or pumpkin seeds with raisins or dried cranberries
3. Celery and almond butter (peanut butter or sun butter) 1-2 tbsp
4. Rice chips or whole grain crackers with hummus
5. Baked Tortilla Chips and salsa or guacamole (for those that just HAVE to have chips).
6. Veggie sticks (celery, carrots, cucumber, bell pepper) and hummus or guacamole
7. Kale chips (make your own) - for recipes visit: [AllRecipes.com](http://AllRecipes.com)
8. Zucchini oven chips (make your own)
9. Sweet potato chips or fries (make your own)
10. Apple slices with nut butter
11. Open-faced sandwich (1 whole wheat bread slice with 1 slice deli turkey, 1 slice low-fat cheese and mustard)
12. Greek yogurt with granola (IF you tolerate dairy. Tip: read labels – avoid high fructose corn syrup and artificial colors & sweeteners)
13. Green smoothie with flax or chia seeds
14. Fresh fruit or fruit salad
15. Make your own trail mix with raw nuts, seeds and dried fruit
16. Plain Greek yogurt with fresh fruit (for those that tolerate dairy).
17. Dinner leftovers (watch portion size here)
18. Salad with a variety of vegetables and olive oil-based dressing
19. For an easy on-the-go snack, check out Lara Bars (get the ones without added sugar).
20. Mixed berries (or mixed berry smoothie with flax seeds or chia seeds)
21. String cheese and 6 whole-wheat crackers
22. One 6-inch flour tortilla with 1/4 cup black beans and 2 tablespoons fresh salsa
23. Whole grain toast topped with nut butter
24. "Banana split" (sliced banana topped with Greek yogurt and 1 tablespoon chopped nuts)
25. Air popped popcorn sprinkled with grated parmesan cheese