

Healthy Snack Ideas

Below you will find some snack ideas I hope you find helpful in keeping you on track. PREPARATION IS KEY!!!!

Strawberries, Blueberries and Raspberries! These small fruits are packed with anti-oxidents and vitamins and are tasty, too! Buy them fresh or frozen. You can eat them with nuts, low fat cottage cheese, low fat yogurt, mix them in your salad or make a Smoothie!

Here are some other snack ideas that will help keep you on track. Please use common sense when snacking! Don't let your portion sizes get too big. Go easy on the nuts- only about 10-12 per day. Same for peanut butter- 1 tbsp. per day. (Try the Better 'n P'Butter I'm addicted to. It's found at Earth Fare). Also, try to mix it up every day. Swap out with low fat yogurt or low fat cottage ches, or low fat milk!

Fruit and nuts (a max of 12 nuts a day- almonds or walnuts are the best)

Raw vegetable sticks with low-fat yogurt dip, low fat cottage cheese or hummus

cantaloupe with low-fat cottage cheese

Lt. Whole grain English muffin and small amount of natural peanut butter or sugar free jam/jelly

Homemade trail mix with cranberries, fiber cereal, and low fat granola (1/2 c)

Kashi cereals (1/2 cup) with low fat milk or soy milk

1 100 cal whole grain bagel with tomato sauce and melted low fat cheese

Low fat popcorn (1 cup popped) with 10 nuts

Turkey breast (I buy the small 70 cal cans) on Ry-Krisp crackers

Laughing cow cheese spread on Wasa Cracker

Hard-boiled egg on a slice of wheat toast

Hard-boiled eggs (throw away the yolk) and oranges

EAS Low Carb shakes

Turkey breast and an apple

cantaloupe filled with 1/2 cup low-fat cottage cheese

Blueberry Blend: 1/2 cup low-fat cottage cheese mixed with 6 oz light, fat-free blueberry yogurt

Swiss Turkey Krisp: 2 slices turkey breast (about 2 oz) & 1 slice reduced-fat Swiss cheese (about 1 oz)

2 Ry Krisp or Wasa crackers or 1 slice ezekeiel bread

Vitamuffin or Vitabrownie www.vitamuffin.com