

# Sixty *Healthy* Snack Ideas

1. Greek yogurt
2. Banana
3. Veggies and hummus
4. Whole grain toast with almond butter
5. Avocado and tomato whole grain toast
6. Almonds
7. Dates (dried)
8. Yogurt, berries, and honey
9. Small sweet potato with salt and pepper
10. Low-sugar granola bar
11. Grapefruit
12. Veggies and guacamole
13. Banana "chips" (dried banana)
14. Tuna on whole grain crackers
15. Small piece of dark chocolate
16. Cherries
17. Oatmeal
18. Apple
19. Cashews
20. Mixed berries
21. Sunflower seeds
22. Celery and natural peanut butter
23. Fruit salad
24. String cheese
25. Pumpkin seeds
26. Apple sauce
27. Unsweetened raisins
28. Fruit leather
29. Whole-wheat pretzels
30. Brown rice cakes
31. Air-popped popcorn
32. Pistachios
33. Walnuts



34. Hard-boiled egg
35. Olives
36. Edemame
37. Fruit smoothie or smoothie pops
38. Whole-wheat pumpkin muffin
39. Whole-wheat banana muffin
40. Freeze-dried fruit
41. Chocolate milk (opt for lower fat and sugar)
42. Cup of vegetable soup
43. Homemade hot cocoa
44. Pita chips and homemade spinach dip
45. Cottage Cheese
46. Low fat/sugar pudding
47. Spiced chickpeas
48. Fruit and cheese kebabs
49. Veggie and meat (or tofu) kebabs
50. Bean dip and veggies
51. Toast topped with avocado



## Odd Snacks to try

52. Carrots and honey mustard (try it)
53. Frozen peas
54. Frozen banana
55. Frozen grapes
56. Protein pancake
57. Protein "Ice Cream"

## Before Bed Snacks

58. Whey protein shake
59. Natural peanut butter
60. Skim milk and  $\frac{1}{2}$  banana



→ The best snacks are 200 calories or less, filling, yet satisfying. Snacking keeps your metabolism up throughout the day, helping you burn calories and keep your energy levels up.