



SIMPLY HEALTHY SNACK IDEAS

- Whole grain crackers and low-fat cheese
- Apple wedges with peanut butter
- Low-fat cereal with skim milk and fruit
- Air-popped or reduced-fat popcorn sprinkled with parmesan cheese
- Cucumbers and low-fat cream cheese on pumpernickel bread
- Carrots dipped in salsa
- Baked corn tortillas with dip made from fat-free yogurt or sour cream
- Low-fat yogurt with grape nuts or low-fat granola
- Frozen grapes or a peeled, then frozen banana
- Dip strawberries into powdered sugar
- Celery sticks filled with peanut butter
- Pita bread with low-fat cheese, heated, then dipped in tomato sauce for a pita pizza snack
- Sparkling juice coolers made with equal amounts of your favorite fruit juice and sparkling or mineral water
- Soft pretzels dipped in mustard
- Melt low-fat mozzarella over a toasted English muffin and top with tomato slice
- Skim milk and a couple of chocolate graham crackers
- Toasted mini-bagels with low-fat tuna spread (made with low-fat or fat-free plain yogurt or mayonnaise)
- Toasted cinnamon raisin bread brushed with a touch of margarine
- Drizzle one teaspoon of chocolate syrup over a piece of angel food cake
- Low-fat hot chocolate and vanilla wafers
- Blend up a smoothie by adding one banana, low-fat yogurt, ice, and your favorite fruit juice into the blender