

Healthy Snacks

Nutrition Education
September 2022



Snacking can be part of a healthy lifestyle when chosen wisely.

Having a snack is a good way to add nutritious foods to your diet. Snacks keep you going between meals and can help avoid overeating.

Healthy snacks take some planning, but can have many worthwhile health benefits! Some food pairings make ideal and delicious snacks. Check below for some snack ideas!

Dip It!

- Veggies or pita chips and hummus
- Baked tortilla chips and salsa, guacamole, or bean dip
- Unsweetened banana chips and almond butter
- Veggies and low-fat ranch dressing
- Apple slices and nut butter
- Sliced fruit and low-fat yogurt
- Graham crackers and applesauce

Mini Sandwiches

- Egg, tuna, or chicken salad on a whole grain roll
- Nut butter with sliced banana or jelly on a whole grain roll
- Sliced cheese on a whole grain roll
- Deli meat on a whole grain roll

Packed with Protein

- Deviled eggs
- Mixed nuts or trail mix
- Deli meat roll up: turkey, chicken, or roast beef wrapped with lettuce, cheese slice, or tomato
- String cheese with fruit
- Nut butter boat: peanut or almond butter on celery sticks or bananas with raisins
- Protein Puffs and popcorn
- Tuna pouch with crackers
- Hummus with beet chips
- Dried edamame and mini rice cakes
- Low-sugar, high-protein chocolate shake

Fill in the Blanks

Use the words provided to fill in the blanks. Each word can only be used once.

3 letter words

KIT
YES

4 letter words

ECRU
MAIL
MOSS
STAR
TUNE
ZEUS

5 letter words

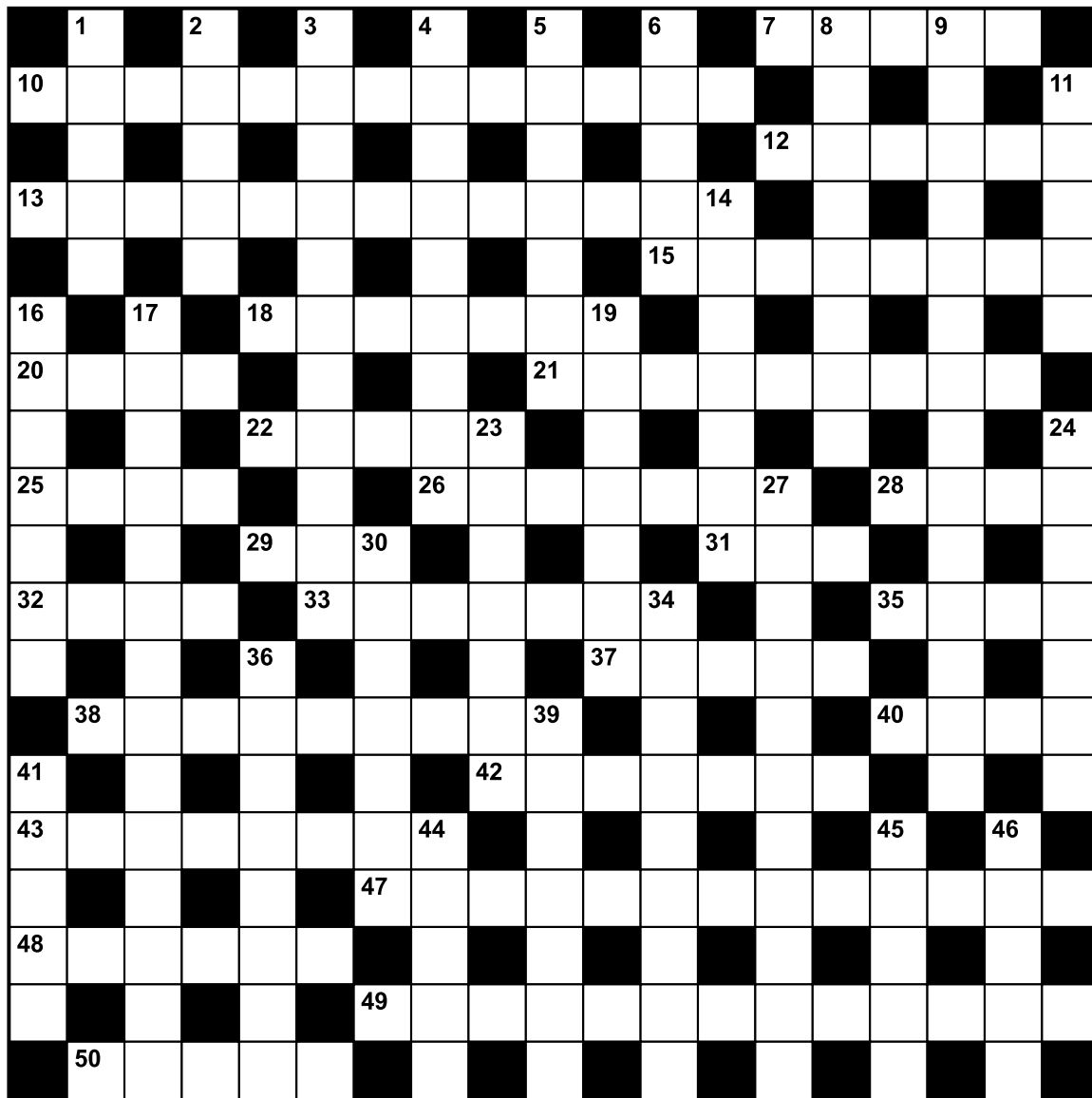
ANISE
AVIAN
DAUNT
GRIEG
LEVEL
OCHER
PLUMB
RADIO
REPLY
STAGE
TROLL
TROUT

6 letter words

APPLET
ENDIVE

7 letter words

AZIMUTH
GIRAFFE
GRANDAD
IRONING
MANNERS
NEW YORK
NICIPPE
SEYMOUR
SMILING



SUNRISE
TATTING
TEXTUAL

8 letter words

APPROVAL
CHEERFUL
LIPSTICK
NESTLING

9 letter words

GRAYSCALE
HAUPTMANN
LAVALIERE
PETROLEUM

11 letter words

SIGNIFICANT
SUPERMARKET

13 letter words

MEDITERRANEAN
PEPPER-AND-SALT
REMINISCENCES
TREASURE TROVE

14 letter words

JULIAN CALENDAR
MULTIPLICATION