

Healthy Snack Ideas

Nutrition Education
January 2022

When the snack attack strikes, you know it's time to refuel. **Having a snack is a good way to add nutritious foods to your diet and a way to keep you going in between meals.** Below are some healthy snack ideas. Enjoy!



Dip it!

- Pita chips and hummus
- Baby carrots and low-fat ranch dressing or hummus
- Baked tortilla chips and salsa
- Strawberries and low-fat yogurt
- Celery and low-fat ranch dressing or hummus
- Baked tortilla chips and bean dip
- Apple slices and low-fat yogurt
- Pretzels and hummus
- Cherry tomatoes and low-fat ranch dressing or hummus
- Granola bar and low-fat yogurt
- Baked tortilla chips and guacamole
- Graham crackers and applesauce
- Apple slices and peanut butter

Fun Ideas

- Cheesy popcorn: sprinkle parmesan cheese on fat-free popcorn
- Quick nachos: reduced fat shredded cheese on baked tortilla chips with salsa
- Yogurt parfait: low-fat yogurt, blueberries, strawberries, and pineapple
- Snack kabob: cheese and grapes on pretzel sticks

- English muffin pizza: pizza sauce and low-fat mozzarella cheese
- Stuffed waffle cone: fruit in a waffle cone topped with low-fat yogurt

A Mini Sandwich

- Egg salad on a whole grain roll
- Banana and nut butter on a whole grain roll
- Tuna salad on a whole grain roll
- Nut butter and jelly on a whole grain roll
- Slice cheese on a whole grain roll
- Chicken salad on a whole grain roll
- Deli meat on a whole grain roll

Packed with Protein

- Deviled eggs
- Cottage cheese with fruit
- Mixed nuts or trail mix
- Greek yogurt with fruit
- Deli 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
- Low-fat chocolate milk
- Tuna pouch with crackers



©2022 GA Foods

A-MAZE-ing FUN!

