

Healthy Snack Ideas

- Fresh fruit or veggies (can eat plain or put onto a skewer to make kabobs)
- 2 tablespoons of peanut butter and apple slices or a banana
- Celery sticks with 2 tablespoons of low fat cream cheese
- 2-3 cups of light popcorn
- Frozen grapes or a frozen banana on a popsicle stick
- Carrot sticks, broccoli, or peppers with 2 tablespoons of light ranch dressing
- 1 cup of skim or 1% milk and graham crackers
- Low fat yogurt or light cottage cheese and fruit
- Light cheese and whole grain crackers
- 1 cup oatmeal with raisins or a whole grain muffin
- Hummus and whole grain crackers or veggies
- Salsa and baked tortilla chips
- Unsalted baked pretzels and bean dip
- Handful of unsalted nuts or sunflower seeds
- 2% string cheese sticks
- ½ wheat bagel or English muffin with peanut butter or light cream cheese
- ½ of a peanut butter, cheese, or light lunch meat sandwich
- ½ cup snack mix (combine nuts, pretzels, whole grain cereal, and dried fruit)
- ½ cup of unsweetened cereal and skim or 1% milk
- Wheat English muffin “pizza” (with tomato sauce and shredded cheese)
- Unsweetened applesauce
- Sugar free gelatin with fat free whipped topping
- Wheat pita with veggies, light lunch meat, and 1 tablespoon light ranch
- Tuna or chicken salad with fat free mayo and wheat crackers
- Frozen fruit or yogurt bars
- Sugar free pudding made with skim or 1% milk
- Small wheat tortilla with black beans and light cheese
- Angel food cake and fresh fruit
- Low fat granola bar or whole wheat fig newtons
- Smoothies (Combine 1 cup low fat milk or yogurt, ½ a banana, and ½ cup fresh or frozen fruit in a blender. Blend until smooth.)



This handout was created by the Riverside Regional Medical Center Dietitians.
Please call **757-594-2000** if you have any questions.