

Healthy Snack Ideas

- A small apple or banana with 1 Tbsp. of natural peanut butter
- 2 Tbsp. raisins or handful of plantain chips paired with ¼ cup of nuts
- 3 cups air-popped popcorn sprinkled with parmesan or ¼ tsp. Tajin
- Quesadilla made with corn or whole grain tortilla and 1 oz. cheese
- Raw veggies like jicama, grape tomatoes, carrots, cucumber with 2 Tbsp. hummus, Tzatziki sauce or light Ranch dressing
- 1-2 Tbsp. natural peanut butter or ½ avocado smashed on a slice of whole wheat toast or rolled up in a whole grain tortilla
- 6 oz. Greek yogurt with less than 10 grams of sugar
- ½ cup guacamole with raw veggies or 1 serving of whole grain crackers or tortilla chips
- ½ cup melon, cucumber, tomato, mango or jicama with ¼ tsp. Tajin and lime juice
- ½ cup shelled edamame or 1 serving of dried seaweed
- Celery with 1 Tbsp. natural peanut butter or cream cheese
- ½ cup roasted chickpeas or ¼ cup pumpkin or sunflower seeds
- Packet tuna or salmon on whole wheat crackers like Triscuits
- ½ cup cottage cheese or cheese stick paired with fruit
- Granola bar with less than 10 grams of sugar like KIND or Kashi
- Unsweetened applesauce with cheese stick or ¼ cup nuts
- 1-2 boiled eggs paired with a small piece of fruit
- Turkey roll-up with 1 slice cheese and slice of cucumber or pepper
- Smoothie made with 1 cup milk, ½ cup plain Greek yogurt, 1 cup frozen fruit