

## Healthy Snack Ideas for Everyone

### Healthy Snacking

It's easy to get hungry between meal times. Days are often busy and a boost can be necessary. However, it's important to pick snacks that provide good nutrition and energy. Many snacks, such as cookies, chips, or candy, offer little nutritional value and are easy to overindulge in. Read through this page for some ideas on tasty snacks that are simple and healthier options for everyone!

### Snack Ideas

#### Vegetable Snacks

- **Vegetables and dip:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks with hummus, salad dressing, or other dips
- **Vegetable sticks with spread:** Celery or carrot sticks with nut butter or cream cheese
- **Sweet potato fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt
- **Snack kabobs:** Vegetable chunks skewered onto thin pretzel sticks

#### Fruit Snacks

- **Cottage cheese or yogurt with fruit and granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple
- **Apple treats:** Sprinkle apple chunks with cinnamon and raisins or granola, then mix in some nut butter
- **Whole fruit:** Grapes, apples, bananas, etc.
- **Fruit salad:** Use store-bought fresh fruit, unsweetened canned fruit, or unsweetened snack cups
- **Frozen fruit:** Berries, mango, grapes, etc. with no little or no added sugar
- **Unsweetened apple sauce**
- **Fruit smoothies:** Store-bought or homemade with fresh or frozen fruit and milk or yogurt
- **Canned fruit:** make sure it's canned in 100% juice or water

#### Fun Pairings with Fruit or Vegetables

- **Mini bagel with spread:** Try cream cheese, nut butters, or hummus
- **Chips and salsa:** Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead

- **Taco roll-up:** Small whole wheat tortilla rolled with cheese, beans, and salsa
- **Turkey roll-up:** Turkey slice rolled up with cheese
- **Mini pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted
- **Nuts:** Such as unsalted almonds, walnuts, cashews, or mixed nuts; keep it to a handful
- **Cheese:** String cheese or cheese cubes
- **Granola or fruit bar:** Look for whole grain bars that are low in sugar
- **Cereal:** Choose whole grain, low-sugar cereals like cheerios, multigrain Chex, grape-nuts, raisin bran, and shredded wheat
- **Trail mix:** Made with nuts, seeds, granola, and dried fruit; keep it to a handful
- **Popcorn:** 2-3 cups of popped, unsalted popcorn
- **Pretzels:** A handful served with a spoonful of hummus or nut butter
- **Whole grain crackers:** Triscuits or Wheat Thins

## Final Considerations

For more information about healthy eating and active living resources, please email [5210healthywashoe@nnph.org](mailto:5210healthywashoe@nnph.org).