

Healthy Eating: Snack Tips



How can you snack in healthy ways? When you get hungry between meals, choose nutritious foods like fruit, yogurt, or nuts to satisfy your hunger. Try these tips:

Look for substitutes. If your favorite snack is high in fat, like potato chips and dip, try baked tortilla chips with bean dip or hummus instead.

Be prepared. Keep healthy snacks with you at work or school, in your car, and at home. If you have a healthy snack easily available, it's less likely that you'll pick a candy bar or bag of chips instead.

Make snacks interesting. If a plain piece of fruit doesn't appeal to you, try dipping fruit slices in low-fat yogurt sprinkled with cinnamon or nutmeg.

What are some flavorful ideas?

Put healthy ingredients together in different ways. Use your imagination for delicious results.

Combine honey and peanut butter or almond butter for a protein-rich dip for raw apples, carrots, celery, and pretzel sticks. These spreads also taste great on bagels, rice cakes, and whole-grain crackers.

Mix fresh or frozen berries with low-fat yogurt. Top with sliced almonds or granola.

Top whole-grain crackers with low-fat cottage cheese or ricotta cheese and sliced tomatoes or red pepper strips.

Make your own healthy mix with high-fiber cereal, dried fruit (such as cranberries, blueberries, and dates), and nuts such as almonds. This mix also makes a great topping for yogurt.

Spread low-fat cream cheese on a whole-grain bagel. Sprinkle sunflower seeds and raisins on top of the cream cheese for extra flavor.

Dip colorful sliced vegetables in low-fat salad dressing or hummus. Try broccoli, cauliflower, cherry tomatoes, and red, yellow, and orange bell peppers.

Quick, healthy snacks

- String cheese
- Low-fat microwave popcorn, or flavored rice cakes
- Canned fruit or applesauce in single-serving containers
- Raisins and other dried fruit
- Unsalted nuts
- Baby carrots and cherry tomatoes

