

Nutritious Snack Ideas: Sweet

1.

Apple/Banana + Peanut Butter

2.

Energy Bites: <5g added sugar/serving

3.

Trail Mix: peanuts + dried fruit + dark chocolate

4.

Cereal + Milk: <5g added sugar/serving

5.

Greek Yogurt + Fruit

6.

Grapes + Cheese Stick

7.

Date and Nut Bar (Lara Bar)

8.

Toast + Peanut Butter + Banana

9.

Smoothie: milk + fruit + vegetable

10.

Chocolate Dipped Fruit (banana/strawberries)

11.

Cinnamon Apple Chips + Nuts

12.

Stovetop Popcorn with Cinnamon

Nutritious Snack Ideas: Salty

1.

Sliced Veggies +
Hummus

2.

Avocado Toast

3.

Stovetop Popcorn with
Parmesean

4.

Harvest Snaps
Pea Crisps

5.

Sweet Potato Chips

6.

Wheat Crackers +
Cheese Slices

7.

Roasted Edamame

8.

Cottage Cheese +
Veggies

9.

Peptitas (Pumpkin
Seeds)

10.

Pickles + Deli Turkey

11.

Sliced Veggies + Greek
Yogurt Ranch Dip

12.

Veggie Egg Bites



Make a Snack

choose a food from each category

Carbohydrate/Fiber

- apple
- banana
- berries
- orange
- carrots
- bell peppers
- whole grain crackers
- sweet potato chips
- tortilla chips
- popcorn
- dried fruit
- pretzels
- granola bar

Protein

- almonds
- milk
- cheese
- deli turkey
- edamame
- Greek yogurt
- cottage cheese
- pepitas
- roasted chickpeas
- meat sticks
- fava beans
- boiled eggs
- turkey jerky

Fat Source

- avocado
- guacamole
- hummus
- peanut butter
- full fat dairy
- sunflower seeds
- cashews
- walnuts
- chia seeds
- ground flaxseed

**depending on the snack choice, the protein and fat may be present in the same foods. For example, full fat Greek yogurt contains appropriate amounts of protein and fat in the same food

