



# HEALTHY SNACK GUIDE

1. **Choose foods high in protein, fiber, and whole grains:** these options will keep you full until your next meal.
2. **Watch the portion size:** pre-portion snacks into snack baggies to prevent overeating.
3. **Keep sugar low:** aim to keep added sugar under 10 grams per serving.

## FRUIT BASED

**Serving = ½ cup or 1 medium sized whole fruit**

Any fruit based item fresh, frozen, or canned in 100% fruit juice

- Apple (with nut butter, yogurt, oatmeal)
- Banana (with nut butter, yogurt, oatmeal)
- Grapes
- Cantaloupe
- Pineapple (fresh or canned)
- Orange slices (fresh or canned)
- Clementines (2-3 whole)
- Berries (blueberries, blackberries, raspberries)
- Applesauce pouches
- Dried fruit (1/4 cup or 1 palm full)
- 100% fruit juice (no more than 8 oz)

## WHOLE GRAINS

**Serving = varies, read the top of the food label**

- Popcorn (plain or 100 calorie pack)
- Whole grain pita and hummus
- Rice cakes (with nut butter)
- Whole grain toast with peanut butter and banana
- Pretzels
- Oatmeal (no added sugar)
- Whole grain crackers (ex. Triscuits)
- Whole grain granola bars (ex. Kind bars, Annie's Organic bars, Larabars, Zing)
- Whole grain cereal
- Homemade low-sugar banana or zucchini bread

## DAIRY

**Serving = varies, read the top of the food label**

- Greek yogurt (<10g sugar)
- Low fat yogurt (<10g sugar)
- String cheese
- Cottage cheese (low fat)
- Laughing cow light cheese wedges on Triscuits
- Babybell cheese

## VEGGIE BASED

**Serving = ½ cup** Any vegetable based item fresh, frozen, or canned (rinse first if canned)

- Carrot sticks and hummus
- Veggies and guacamole
- Red pepper slices and low fat ranch
- Sugar snap peas
- Celery, peanut butter, and raisins ("ants on a log")
- Roasted asparagus (with parmesan cheese)
- Pickles (low sodium)
- Olives (low sodium)
- Cherry tomatoes
- Small green salad
- 100% vegetable juice (ex. V8)
- Cheesy Breaded Tomatoes (2 roasted plum tomatoes sliced and topped with 2 tablespoons breadcrumbs and a sprinkle of parmesan cheese)
- Sweet Potato Fries (one small sweet potato sliced, tossed with 1 teaspoon olive oil, and baked at 400° for 10 minutes)

## SWEET

- Sugar-free, fat-free pudding
- Frozen Yoplait whips
- Sugar-free Jello
- Animal crackers
- Fat-free Cool Whip and fruit
- Graham crackers with peanut butter
- Yogurt parfait (yogurt + fruit + granola)
- Halo top or Arctic Zero ice cream
- Eddy's fruit bars
- Mixed berry salad tossed with one tablespoon fresh-squeezed orange juice.
- S'more (two graham crackers + 1 roasted marshmallow + 1 small square dark chocolate)
- Baked Apples (one apple, halved, sprinkled with 1 tsp brown sugar and cinnamon, and baked at until tender)

## HIGH PROTEIN

- Beef jerky (1 oz, low sodium)
- Hardboiled egg
- Trail mix (low sodium 1oz or palm-full)
- Almonds (1oz or palm-full)
- Pistachios (1oz or palm-full)
- Cashews (1oz or palm-full)
- Walnuts (1oz or palm-full)
- Sunflower seeds (1oz or palm-full)
- Protein bars (Rise, Quest, Aloha, Cliff Protein, Kashi, Rx Bar, Health Warrior, Exo)
- Turkey roll ups (4 slices low sodium turkey breast + carrot sticks + celery sticks + 2 Tbsp honey mustard)

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## MINI MEALS

- Green protein smoothie (3oz fresh spinach + 1 scoop chocolate whey protein + 1 cup almond milk + 1 Tbsp peanut butter)
- Mango smoothie (frozen mango + mango Greek yogurt + ½ cup orange juice)
- Kabobs (thread low-fat, low sodium deli meat, low-fat cheese, pineapple and cherry tomatoes onto a stick)
- Egg salad wrap (whole grain tortilla topped with egg salad, shredded carrots and cucumber slices)
- Cranberry wrap (turkey + Swiss cheese + spinach leaves + 1 Tbsp cranberry relish + whole grain tortilla)
- Strawberry salad (2 cups raw spinach + ½ cup sliced strawberries + 1 tbsp. balsamic vinaigrette)
- Pasta bowl (1/2 cup whole grain pasta + steamed frozen vegetables + ½ cup pasta sauce + chicken)
- Microwave Quesadilla (whole wheat wrap + ¼ cup low fat cheese + salsa + corn + beans + chicken)
- Stuffed sweet potatoes (stuff a baked sweet potato with beans, cheese, corn, salsa, chicken or whatever you have on hand. Top with Sriracha or a chipotle sauce)

