



Healthy Snacks A-Z

A: Air-popped popcorn, Apple slices with peanut butter

B: Blueberry bran muffins, Banana

C: Cheese cubes (reduced fat), Carrot sticks

D: Dates, Dried fruit

E: Eggs, English muffin

F: Fruit kabobs; Finger-sandwiches (on whole-grain bread with peanut butter/lean meats or cheeses)

G: Granola bars with multigrain, Greek yogurt: has higher protein than traditional yogurt; watch the sugar in flavored yogurts

H: Hummus on vegetables or pita bread, Ham rolls (lean, reduced sodium)

I: Ice pops (made with 100% fruit juice and fruit pieces); Indigo-colored foods (red cabbage, beets, eggplant, elderberries, kohlrabi, grapes, figs, black currants, blackberries)

J: Jicama slices, Jam on rice cakes

K: Kale chips, Kiwi

L: Lettuce wraps (substitute the tortilla for a big leaf of Romaine or iceberg lettuce)

M: Multigrain toaster waffles with nutella
Melon (cantaloupe, honeydew, watermelon)

N: Nuts (almond, Brazil, pistachio, cashew, pecans, walnut, macadamia, soy), Nectarines

O: Oranges, Olives

P: Pickle spears, Pepper slices (green, red, yellow), Peanuts

Q: Quiche, Quinoa salad

R: Raspberries, Raisins

S: Sweet potato chips (skin potato, chop the potato into thin slices, and bake), Sunflower seeds, Smoothies (fresh fruit, yogurt, silken tofu to make it thicker and add protein)

T: Tomatoes (cherry or grape tomatoes are fun!), Tortilla chips baked, whole grain, Tangerines

U: Unsalted pretzels, Unsweetened tea, decaf

V: Vegetable platter/kabobs, Vanilla wafers

W: Wheat crackers, Watermelon

X: eXotic fruit: mango, papaya, star fruit

Y: Yogurt (low-fat); Yellow squash

Z: Zucchini bread, Zoo animal crackers