

Healthy Snacks

Fruits – Apples (use an apple corer), Apricots, Bananas, Blackberries, Blueberries, Cantaloupe, Cherries, Grapes, Kiwis, Oranges, Nectarines, Peaches, Pears, Pineapple, Plums, Strawberries, Watermelon

Applesauce, Frozen Fruit, Fruit Salad

Go for the Veggies – Broccoli, Carrot sticks, Celery Sticks, Cucumbers slices, Peppers, Snap Peas, String beans, Tomato Slices, Cherry Tomatoes, Zucchini slices.

Make salads, Try “Edamame” (Soy bean), Veggie pockets (whole wheat pita stuffed with veggies and hummus), celery and almond butter spread, low sodium V8 juice, salsa.

Healthy Grains – No trans fat! Or No hydrogenated fats! Try whole wheat pita bread and crackers, rice cakes, low fat or air popped popcorn, baked chips, low fat and low sugared cereals like shredded wheat.

Low Fat Dairy – yogurt, low fat string cheese, frozen yogurt, fat free cottage cheese

Other snack ideas – Walnuts, Almonds and Brazil nuts.. eat them with fruit! Lots of calories so watch the portions.

Luncheon meats – Go for low sodium and low fat turkey slices. Put on whole wheat pita or cracker.

Healthy Beverages – Water, Tea, Seltzer, fat free milk, Almond drink, real 100% prune juice and cranberry juice.