



- 1 4 ounce fat free, ready to eat vanilla pudding with 1/2 cup fresh fruit and 5 vanilla wafers
- 1 small banana
- 2 cups vegetables (1 cup broccoli, 1 sliced red pepper) with 2 tablespoons fat free ranch dressing.
- 10 celery sticks with peanut butter
- 5 baby carrots with a slice of low fat cheese
- One 6 inch flour tortilla with 1/4 cup black beans and 2 tablespoons fresh salsa
- 1 cup of tomato soup with 5 whole grain crackers
- One tablespoon peanut butter spread on medium apple slices
- Toaster waffle topped with 1/2 cup blueberries and 2 tablespoons low fat yogurt
- Cinnamon raisin mini bagel spread with one tablespoon peanut butter.

- Three cups air popped popcorn sprinkled with three tablespoons grated parmesan cheese
- Whole grain toaster waffle with 1 1/2 tablespoons Nutella ®
- Mini-sandwich: whole grain dinner roll with 1 slice deli turkey, 1 slice low fat cheese and mustard
- 10 small celery sticks
- 1/2 ounce sunflower seeds, unsalted



Wash hands and clean all surfaces and utensils before beginning food preparation.

**Compiled:** 07/10

**Sources:** The American Dietetic Association and the U.S Department of Health and Human Services

# 50 Fast Healthy Snacks

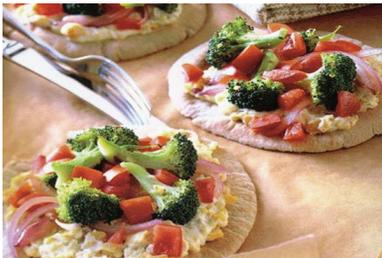


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Snacks can help to boost energy and supply essential nutrients. They are a great way to help fulfill hunger needs between meals. Here are a few healthy snacks that take little time to prepare:

- Banana Split: banana sliced length wise topped with 1/2 cup frozen yogurt and a tablespoon of chopped nuts
- Hot chocolate made with low fat milk and a small oatmeal cookie
- Veggie pizzas: split whole wheat English muffin. Top with 2 tablespoons low fat cream cheese, 1/2 cup diced fresh veggies and 1 ounce low fat mozzarella cheese.
- Yogurt parfait: layer 6 ounces of fat free yogurt, 1/2 cup blueberries, and 1/4 cup granola
- 1 fig bar
- 1/2 cup cottage cheese with a spoonful of applesauce and a dash of cinnamon.



- 1/2 cup canned fruit cocktail, in own juice
- Small salad: 2 cups mixed greens with 1/2 cup mandarin oranges, 1 tablespoon sliced almonds
- Microwave a small potato and top with beans, salsa, broccoli, and low fat cheese.
- 8 large fresh or frozen steamed shrimp
- Fruit smoothie: blend 1 cup fat free milk, 1/2 cup frozen strawberries and 1/2 banana.
- 1 cup low sodium vegetable juice (V8)
- One 6 inch corn tortilla with 1 ounce low fat cheddar cheese, melted
- 4 whole wheat, unsalted crackers with a slice of low fat cheese
- 1 fresh tomato sliced and sprinkled with basil and oregano
- 1 part skim mozzarella string cheese
- 1 frozen fruit bar
- 1/2 cup Cheerios ®
- Oatmeal raisin bowl with cinnamon and skim milk
- 8 baked tortilla chips with 3 tablespoons of salsa
- 1/4 cup raisins

- A handful of pretzels
- Granola bar, low fat, 0 trans fat
- Quesadilla made with vegetables and low fat cheese
- 1/2 cup instant oatmeal topped with dried cranberries, almonds, or walnuts.
- 1 spoonful of peanut butter
- 10 almonds
- Trail mix: mix 20 almonds, miniature box of raisins, and 1/4 cup sunflower seeds
- 1/2 cup cottage cheese with raspberries
- 1 hard boiled egg
- Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip
- Slice of lean ham or turkey with mustard
- 2 tablespoons Hummus on whole wheat crackers
- Small baked sweet potato
- 2 gingersnaps
- 1 cup whole strawberries

