



Smart Snack Suggestions

The following snacks will help fill you up and keep you going until your next meal. Many can be pre-packaged the night before:

- Apple slices spread with peanut butter and sprinkled with raisins.
- Banana sliced in half and spread lightly with peanut butter.
- Bean burger on a whole-grain bun with lettuce and tomato.
- Bean burrito.
- Black bean dip with whole-grain crackers.
- Cheese toast (whole grain bread with low-fat cheese).
- Cut-up vegetables with low-fat ranch dressing.
- Edamame (steamed Japanese soybeans).
- Hummus on a whole-wheat pita.
- Low-fat yogurt with a tablespoon of chopped walnuts.
- Oatmeal made with low-fat milk with strawberries.
- Peanut butter and banana sandwich on whole-grain bread. (Use half a banana and spread the peanut butter lightly.)
- Popcorn without butter (sprinkle with Parmesan cheese).
- Red grapes and string cheese.
- Rice cakes spread lightly peanut butter (spread lightly).
- Serving of almonds and dried cranberries or blueberries.
- Slice of cheese or veggie pizza.
- Small bagel with low-fat cream cheese.
- Soy nuts and string cheese.
- Soymilk smoothie.
- String cheese and whole-grain crackers.
- Trail mix (measure one serving).
- Tuna sandwich on whole-grain bread.
- Turkey and low-fat cheese sandwich on whole grain bread with lettuce and tomato.
- Vegetable soup with whole-grain crackers.
- Whole-grain cereal with low-fat milk.
- Whole-grain English muffin spread lightly with peanut butter.