



Snack Ideas

Adding a protein source will help with satiety.

- Reduced Fat Triscuits and string cheese/ low fat cheese
- Cup of light yogurt
- Apple and 1 tbsp peanut butter
- Fruit and Low fat cheese
- Protein Bar
- ¼ cup nuts
- Cottage cheese w/ fruit, or cottage cheese doubles
- Low fat popcorn and low fat cheese
- Graham crackers and a glass of skim milk
- Packet instant oatmeal made w/ skim milk instead of water
- Hummus with veggies strips for dipping
- Mini whole wheat bagel with peanut butter
- ½ PB&J Sandwich or ½ tuna sandwich
- Snack-pack of applesauce and cottage cheese
- Snack-size Jell-O or low-fat pudding
- Small bowl cereal milk
- Pita chips and salsa