

SNACKING SMART TIPS:

SMART

1. Plan ahead by “pre-portioning” snacks for when you are on the go.
2. “Keep portion control in mind”-Stay within the acceptable caloric range without over doing it.
3. Mix it up! Be creative with your snacks- Swap out different vegetables, fruits and grains to keep your snacks satisfying.
4. Snack only when you’re hungry. Skip the urge to snack when you are bored, stressed, or upset.
5. Drink a glass of water or participate in an activity like going for a quick walk to get your mind off of snacking.

SNACKING SUGGESTIONS:

AVOCADO TOAST

¼ avocado + ½ fresh lime juice + 1 slice of whole grain toast + 1 tsp fresh cilantro = 190 calories

NUTTY APPLES

1 medium apple + 1Tbsp nut butter + 1Tbsp dried fruit or low- fat granola for topping = 205 calories

HONEY CINNAMON ROASTED CHICKPEAS

1 can of chickpeas + 2 Tbsp olive oil + 1tsp cinnamon + pinch of nutmeg + 2 Tbsp honey. Bake at 375° F for 45-30 minutes. (1 serving = ¼ cup) = 145 calories

GARLIC PARMESAN ROASTED CHICKPEAS

1 can of chickpeas + 2 Tbsp olive oil + ¼ cup parmesan cheese + ¼ tsp pepper + 2 cloves of garlic. Bake at 375° F for 45-30 minutes. (1 serving = ¼ cup) = 125 calories

CAPRESE SALAD

3 tomato slices + 1 oz. fresh mozzarella cheese + fresh basil to taste = 95 calories

EDAMAME

½ cup shelled edamame = 140 calories

EGGS

1 hard-boiled egg = 70 calories

FRESH FRUIT

2-3 fresh fruit kabobs = 135-195 calories

APPLES DELIGHT

1 baked apple + 1 tsp cinnamon = 75 calories
1 cup of low-sodium tomato juice = 50 calories

TRAIL MIX

¼ cup unsalted mixed nuts
+ ¼ cup dried fruit + 1 Tbsp
chocolate chips
(makes two servings)
= 200 calories

TROPICAL TREAT

½ cup low-fat Greek yogurt
+ 1 kiwi + ¼ mango + 1 Tbsp
chopped cashews
= 110 calories

BLACK BEAN WRAP

6 inch whole grain tortilla + ¼
cup black beans + 2 Tbsp salsa
= 150 calories
½ cup low fat cottage cheese +
½ cup fruit = 130 calories

CHOCOLATE POP

3 cups of fat- free air popped
popcorn +
2 Tbsp dark chocolate shavings
= 165 calories

CRUNCHY GRANOLA SMOOTHIE BITES

½ cup fruit + 1 cup non-fat yogurt + ¼ cup low-fat
granola. Freeze in ice-cube trays. (1serving= ½ tray)
= 165 calories

MEDITERRANEAN ESCAPE

2 Tbsp hummus + 1 cup raw vegetables + ½ whole
grain pita or 6 whole grain crackers. = 195 calories

EASY CHEESY

1 piece reduced-fat string cheese + 1small piece of fruit
= 110 calories

PEANUT BUTTER AND BANANA SWIRL

1 whole grain tortilla + ½ banana + 1 Tbsp nut butter +
1 Tbsp raisins (optional). Roll into log and cut into bite
size pieces. = 275 calories

CHEESY POPCORN

3 cups of fat- free air popped popcorn + 2 Tbsp
parmesan cheese = 135 calories

BANANA CAKE

1 unsalted rice cake +1 Tbsp nut butter + ½ banana
+ cinnamon to taste = 175 calories

YOGURT COVERED GRAHAM CRACKERS

Dip 2 graham crackers in fat-free and sugar free
yogurt, place on wax paper and freeze. = 145 calories

CUCUMBER FETA BITES

½ cucumber, 2 Tbsp feta cheese, ¼ cup plain non-fat
Greek yogurt, 1 Tbsp chopped walnuts. Slice cucumber
down the middle, place filling between the cucumber
slices and cut into small pieces.
= 200 calories

TRI COLOR VEGGIE SNACK

1 cup raw veggies + ¼ cup guacamole or 2 Tbsp of
low-fat salad dressing = 115 calories

