

## 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

