

EATING HEALTHY WHILE SNACKING

If you are relaxing at home:

- ❖ *Whole grain cereal mixed into fruit-flavored low fat yogurt*
- ❖ *Baked tortilla chips and black bean dip*
- ❖ *Low fat cottage cheese with sliced strawberries, cantaloupe or pineapple*
- ❖ *94% fat free microwave popcorn*
- ❖ *Hummus and whole wheat crackers , pita bread or baby carrots*
- ❖ *Sliced apple or banana with peanut butter*

If you are on the go:

- ❖ *Fresh fruit (or fruit cups)*
- ❖ *Raw Veggies (carrots, celery)*
 - ❖ *Granola bars*
- ❖ *Whole wheat crackers or pretzels*
 - ❖ *Graham Crackers*
 - ❖ *100% vegetable juice*
 - ❖ *Mozzarella cheese sticks*
- ❖ *Trail mix with nuts and dried fruit*
- ❖ *Granola bars (Fiber One or Kashi)*

If you are at work:

- ❖ *Instant Oatmeal packets (flavored)*
- ❖ *Vegetable soups in disposable containers*
- ❖ *Starkist lunch to go packets*
- ❖ *94% fat free microwavable popcorn*
- ❖ *Single serve containers of fruit or applesauce*
- ❖ *Low fat yogurt*
- ❖ *½ whole wheat bagel with hummus and cucumber*