Snacks for Survivorship

For a satisfying and healthful snack, combine carbohydrates and protein, and for an extra boost, include phytonutrients by adding color. Be creative! Below are a few suggestions to get you started.

- ¼ cup nuts and 1 fruit (your choice)
- String cheese with ½ cup grapes
- Guacamole with whole grain crackers
  - Greek yogurt (any flavor)
- Hummus with baby carrots or sliced bell pepper
- Graham crackers with natural peanut butter
  - Sliced apple with peanut butter
- Cottage cheese with pineapple, melon, or sliced tomato
- English muffin pizza: toast ½ English muffin with tomato sauce and ¼ cup mozzarella cheese
- Bread slices topped with sliced avocado and cheese
  - Edamame (soy beans)
- Laughing cow cheese with crackers
- Celery sticks with peanut butter
- Tuna mixed with light mayo and crackers
- Peanut butter and banana milk shake: 8 oz skim milk with ½ banana and 1 Tbsp of peanut butter mixed in
- ¼ cup berries stirred into plain or vanilla flavored Greek yogurt
  - Fruit smoothie: 5 oz plain or vanilla Greek yogurt blended with ½ cup berries and ice
- Slice of whole grain toast spread with natural peanut butter