

Healthy Combo Snacks

- ♥ 1/4 cup nuts and a fruit
- ♥ 2 sheets of graham crackers with natural peanut/almond butter
- ♥ 4-5 whole grain crackers with natural peanut/almond butter
- ♥ 1 slice of whole grain bread with natural peanut/almond butter
- ♥ Carrots, cherry tomatoes, cucumber or celery sticks with a canola or olive oil based salad dressing
- ♥ Popcorn trail mix: 1 cup of popcorn made with non-trans fat oil and mixed with 1/4 cup of nuts and 2 TBSP raisins
- ♥ Cereal Mix: 1/4 cup of nuts, 2 TBSP dried fruit, 1 TBSP M&Ms and 1/4 cup of Barbara's Shredded Spoonfuls cereal
- ♥ Low-fat yogurt with 2-3 TBSP chopped nuts
- ♥ Peanut butter smoothie: 1 cup of low fat vanilla yogurt, banana and 1 TBSP of natural peanut butter
- ♥ Fruit smoothie: Blend a 6oz. low-fat vanilla yogurt, 1/2 cup of skim milk, 1 cup of fresh or frozen berries (strawberries, raspberries or blueberries)
- ♥ Fresh fruit or vegetables with 1/2 cup of low-fat/fat-free cottage cheese
- ♥ 13 corn chips made with non-trans oil served with salsa and/or guacamole
- ♥ A hard-boiled egg with a piece of whole grain toast topped with a light, non-trans fat margarine
- ♥ 1 cup of whole grain cereal with skim/1% milk
- ♥ Old-fashioned oatmeal with chopped nuts and skim milk

- ♥English muffin pizza: 1/2 whole grain english muffin with tomato sauce and light shredded mozzarella cheese
- ♥Sliced apple or banana with natural peanut/almond butter
- ♥Low fat/Fat free cheese with whole grain crackers
- ♥Hummus with cut veggies or whole wheat pita bread
- ♥Minestrone, chicken vegetable or lentil soup with whole grain crackers
- ♥Small green salad with flaked tuna or chicken strips served with a canola oil or olive oil dressing
- ♥Stacey's Soy Thin Crisps served with a low fat cheese
- ♥Freeze a cup of low-fat, flavored yogurt and have as a frozen yogurt or popsicle
- ♥Wrap: 1/2 whole wheat tortilla with tomato and a few turkey slices, chicken, turkey ham, or some canned salmon