



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 •