

Snack Ideas

- Fruit (grapes, bananas, apples, cherries, clementines, mandarin oranges)
- Vegetables (sugar snap peas, baby carrots, jicama cut into sticks)
- Nuts (branch out from peanuts and try almonds, pecans, hazelnuts, and cashews)
- Apples with cheese (cheddar and cambozola are particularly good)
- Apples with peanut butter
- Celery and peanut butter (add raisins to make ants on a log)
- Carrots (bags of baby carrots come ready to eat) and hummus (individual servings are available)
- Pretzels and hummus (individual servings are available)
- Trail mix
- Cheese sticks & individual packages (Laughing Cow)
- V8 juice
- Yogurt
- Dried cereal
- Hard boiled eggs (with salt and pepper)
- Popcorn

Note: Cheese, nuts, and peanut butter are high in fat (which is why they are satiating snacks). Yogurt, cereal, and dried fruit can be high in sugar. While these items can make good snacks, it is recommended that they be eaten in moderation.