

Healthful Snack Guide



Stock Your Kitchen Right

Having the right stuff on hand is very important for making fast, healthy snacks. If your snacks are based on whole grains, fruits and vegetables, with a little fat-free dairy and lean protein, you will be on your way to better health. Here are some items you may want to keep on hand:

Grains:

- Low-fat, whole-grain crackers
- Whole-wheat pita bread (100%)
- Whole-wheat bread (100%)
- Baked tortilla chips
- Whole grain cereal

Vegetables:

- Raw vegetables
- Salads
- Potatoes and sweet potatoes
- Vegetable juice (100%)
- Vegetable soups

Fruits:

- Fresh fruit
- Dried fruit
- Fruit juice (100%)

Heart-Healthy Protein:

- Nuts and nut butters
- Bean dip
- Bean soup

- Bean salad
- Baked tofu
- Canned tuna or salmon
- White chicken or turkey, skinless

Heart Healthy Dairy:

- Nonfat, light yogurt
- Skim milk

Easy Snack Ideas

For healthy snacks, think *out with the bag* -- that is, out with foods that are sold as snacks in all those cute packages and bags. Refined carbohydrates such as pretzels, crackers, cookies and chips are often high in sodium and fat, and low in fiber. They are calorie-dense, which makes it easy to eat too many calories. Eating healthful snacks is important if you are trying to watch your weight, lower your blood pressure and/or control your blood sugar. Here are some healthy ideas:

- **Peanut butter crackers** - An old standby is healthy when you place it on 100% whole grain, lowfat crackers or even 100% whole grain bread. Keep the peanut butter to 1 tablespoon. Top with no-sugar-added preserves or fresh sliced fruit.
- **Soup** - Purchase low-sodium, low-fat vegetable or bean soup. It can be microwaved in minutes in a coffee mug.
- **Rabbit bag** - Put a few raw veggies and fruits together in a zip lock bag. Use orange wedges, apple slices, raw cauliflower and raw carrots. The orange gives everything a nice flavor and keeps the apple slices white.

- **Smoothie** - Blend skim milk, and fruit to make a delicious drink that tastes like a milk shake.
- **Low-sodium vegetable juice** helps you get to 5-9 a day.
- **Sandwiches** - Stuff a whole-wheat pita with turkey, lettuce, tomato and a little vinegar for a heart-healthy treat.
- **Tuna on toast** - Make a tuna salad with low-fat mayonnaise. Spread it on 1 slice of toasted 100% whole wheat bread and top it with sliced tomato and lettuce.
- **Oatmeal raisin bowl** - Make a bowl of oatmeal with raisins and cinnamon; top with skim milk.
- **Cereal parfait** - Place light, non-fat yogurt, fruit and whole-grain cereal in a plastic cup
- **Baked sweet potato** - Bake in the microwave and top it with reduced calorie pancake syrup and a pinch of cinnamon.

Choose to Lose!

<u>Healthy Snacks</u>	<u>Calories</u>
Broccoli	24
Carrots	52
Apple	81
Pear	97
Banana	108
<u>High-Calorie Snacks</u>	<u>Calories</u>
Pretzel, soft	214
Cookie	260
Muffin	340
French fries	350
Cinnamon bun	370