



Academy of Nutrition and Dietetics  
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# Healthy Snacking. In a Nutshell.

## Healthy Snacks Activity

1. Use the healthy snack list to develop a family snack plan and grocery list:

2. Set three achievable goals for your family to snack smarter:

**Sample goals:**

*My family will choose fruit for snacks most days.*

*My family will choose nuts and seeds at least \_\_\_ times per week.*

*My family will include a variety of colorful vegetables and fruit in our snack plan.*

### Healthy Snack Options

The following is a list of healthy snack options. All of the snacks are **combination snacks**, including a protein, fat and/or fiber food with a carbohydrate food. *Enjoy!*

- ¼ cup nuts and a piece of fruit
- 2 sheets of graham crackers with natural peanut butter or almond butter
- 4-5 whole grain crackers with peanut butter
- 1 slice of whole grain bread with peanut butter
- Carrots, cherry tomatoes, cucumber, or celery sticks with an oil-based salad dressing or vinaigrette
- Popcorn trail mix: 1 cup of light popcorn mixed with ¼ cup of nuts and 2 Tbsp raisins
- Cereal Mix: ¼ cup of nuts, 2 Tbsp dried fruit, 1 Tbsp chocolate pieces and ¼ cup whole grain cereal
- Low-fat yogurt with 2-3 Tbsp chopped nuts
- Hummus with cut vegetables or whole wheat pita bread
- Sliced apple or banana with peanut butter
- Peanut butter smoothie: Blend 1 cup of low-fat vanilla yogurt, one banana and 1 Tbsp peanut butter
- Fruit smoothie: Blend 6 oz. of low-fat vanilla yogurt, ½ cup of skim milk, 1 cup of fresh or frozen berries (strawberries, raspberries, or blueberries)
- Fresh fruit or vegetables with ½ cup of low-fat cottage cheese
- 13 baked corn chips with fresh salsa
- A hard-boiled egg with a piece of whole grain toast topped with light, non-trans fat margarine

## Include more plant-based foods in snacks

Plant-based foods are good sources of protein, carbohydrates, fats, fiber, vitamin and minerals. A plant-based diet is not a vegetarian diet. It is simple and easy. Just try to incorporate more of the following plant based foods in your diet:

- Canned, frozen, dried and fresh vegetables and fruits all work. Eat the rainbow of colors to get all the benefits of important nutrients for better health.
- Whole grains contain complex carbohydrates and fiber. Brown rice, whole wheat and grain products, and cornmeal are good whole grain choices.
- Plant-based proteins are legumes (such as peanuts and peanut butter), lentils (peas and beans, such as kidney, great northern, pinto, and black beans), nuts and seeds (such as pistachios and sunflower seeds), foods from soy, such as soy milk, tofu, tempeh, and edamame (soy beans)
- Healthy fats are nuts, seeds olives, olive oil, canola, corn, soybean, sunflower and flaxseed oil.

## Healthy Snacking Pledge

*(Circle at least one)*

### Our family will:

Eat more fruits and vegetables as snacks.

Snack on whole grains.

Choose low-fat dairy products as snacks.

Include nuts in snacks.

## 100 Calorie Comparison Chart:

Strawberries	2 cups
Cucumbers, sliced	7 cups
Cherry tomatoes	4 cups
Cantaloupe, cubed	2 cups
Apple slices	2 cups
Tortilla chips	$\frac{3}{4}$ cup
Soda	9 oz.
Muffin	1 mini
Ice cream	$\frac{3}{8}$ cup
Donut	$\frac{3}{8}$ whole



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