

# Smart Snack Ideas



## Apple with...

- Light BabyBel® Cheese **OR**
- Partly skimmed cheese string **OR**
- 1 Tbsp of natural or light peanut butter (*hint: core the apple, then stuff the inside with peanut butter*) **OR**
- 12 raw almonds or five walnuts

## Low-fat Greek yogurt (1/2 cup) with...

- 1/2 cup of berries + 2 Tbsp of All Bran Buds™ **OR**
- 1/4 cup of Kashi Go Lean® Cereal

## Three Wasa Crackers® (light rye variety) or two Ryvita Crackers® (light rye variety) with...

- 2 Tbsp of hummus **OR**
- 1 Tbsp of natural or light peanut butter **OR**
- 1 Tbsp of light Ricotta cheese **OR**
- Light BabyBel® Cheese **OR**
- 1/3 cup of tuna, salmon, egg or chicken salad **OR**
- 2 Tbsp light shredded cheddar melted (*five to 10 seconds in the microwave*) with 2 Tbsp salsa

## One boiled egg with...

- Cut up raw veggies (*sliced red pepper, carrots, cucumber*) **OR**
- 1/2 whole wheat English muffin or 1/2 whole wheat pita (*you can also add the veggies*)

## Pear with...

- 12 almonds **OR**
- Five walnuts **OR**
- 1/2 cup of no salt cottage cheese (Lucerne® variety)

## Kashi Granola Bar®...

- Seven Whole Grain and Almond **OR**
- Peanut Butter **OR**
- Dark Mocha Almond **OR**
- Trail Mix

## Whole Wheat Wrap (made with Body Wise Dempsters® or Weight Watchers® 6" flat bread) with...

- 1 Tbsp of peanut butter **OR**
- 1 Tbsp of almond butter **OR**
- 1 cheese string **OR**
- 1/3 cup of tuna, salmon, chicken or egg salad **OR**
- 1 scrambled egg

## Cut up raw veggies (carrots, peppers, cucumbers, celery, etc.) with...

- 2 Tbsp of hummus **OR**
- 1/4 cup of no salt cottage cheese (Lucerne® variety) **OR**
- One Light BabyBel® Cheese

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1/2 cup homemade trail mix (2 Tbsp unsalted nuts, 2 Tbsp dried fruit and 10 mini pretzels or 1/4 cup of high fibre cereal like Shreddies® or Corn Bran Squares® with...

- One portion of dessert tofu

1/2 baked whole wheat Byblos® pita (crushed into chips) with...

- 1 oz of cheese (*grated on top of chips*) + Tbsp of salsa **OR**
- 2 Tbsp of guacamole **OR**
- 2 Tbsp of hummus

One rice cake or seven to 10 mini rice cakes with...

- 2 Tbsp of hummus **OR**
- 1 Tbsp of natural or light peanut butter **OR**
- 1 cheese string

3/4 cup oatmeal (plain) with...

- 12 raw almonds **OR**
- 1 Tbsp of natural or light peanut butter **OR**
- 1/2 cup milk **OR**
- 1/2 cup low-fat Greek yogurt

One small pancake (4" diameter), top off with a few berries and...

- 1 Tbsp of natural or light peanut butter **OR**
- 1 dollop of vanilla low-fat Greek yogurt **OR**
- 1/2 cup of milk (1% or skim)

Three cups popcorn (plain, air-popped) with...

- 1/2 cup of chocolate milk **OR**
- 12 almonds **OR**
- 1 oz of low fat cheese (<20% MF)

1/2 cup cooked beans or lentils with...

- 2 Tbsp salsa **OR**
- 1/2 cup vegetable medley **OR**
- 1 cup tossed salad **OR**
- 1/2 cup of low sodium soup

1/2 banana with...

- 1 Tbsp natural nut butter **OR**
- 1/4 cup nuts

Tex-Mex egg scramble - scramble egg with 1 Tbsp salsa and 1 Tbsp shredded cheese

- Add to 1/2 whole wheat English muffin or two mini pita pockets

1/2 cup high fibre cereal with...

- 1/2 cup low fat milk