

# Healthy Snack Ideas

*This list of snacks does not need refrigeration, which are great for putting in your car, desk drawer or locker.*

## **FRUIT (carbohydrates)**

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Fresh fruit

Canned fruit (in 100% fruit juice or at minimum light syrup)

Single serving fruit sauces (i.e. apple sauce, in 100% fruit juice with no added sugars)

Dried fruits (except banana chips and yogurt coated nuts or berries)

100% fruit juice or fruit & vegetable combination juice (i.e. V8 Fusion)

## **VEGETABLES (carbohydrates)**

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Canned vegetables (try to choose lower sodium)

Dried vegetables

100% vegetable juice (lower sodium)

## **FATS (and some protein)**

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Nuts & seeds (any kind)

Soy nuts (all flavors)

Peanut butter (or any other type of nut butters)

Hershey's dark chocolate chips

Any 85% cocoa or greater dark chocolate

## **PROTEINS (and some fat)**

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Tuna (canned or in pouches)

Salmon (canned or in pouches)

Sardines

Chicken (canned or in pouches)

Dried meats (try for lower sodium versions)

Beans (any and all, provide equal amounts carbohydrates and protein)

## **GRAINS (carbohydrates)**

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### Granola bars

- Nature Valley Crunchy Granola Bars (all flavors)
- Fiber One Chewy Granola Bars (all flavors)
- All Bran Granola Bars (any flavor)
- Cascadian Farms Fruit & Nut Granola Bars
- KIND Fruit & Nut Bars
- Any Kashi brand granola or cereal bars
- Fig newtons (regular, reduced fat or fat free)
- Look for 10 grams of sugar or less per serving (maximum of 12-15 grams)
- The best granola bars are homemade! Look to InSite for recipes.

### Whole Grain Crackers

- Triscuits
- Wheat Thins
- All Bran
- Wheats Worth
- Blue Diamond Nut-Thins
- Kashi (any kind)
- Ak Mak
- Ry-Crisp
- Pepperidge Farms Goldfish

### Other Whole Grains

- Homemade popcorn
- Rice cakes
- Gensoy Soy Crisps (like rice cakes, good protein source too)
- Tortillas (100% whole wheat only)
- Sunchips
- Crisp flat breads
- 100% whole wheat bread

## Cereals

- Old fashioned oats
- Muesli
- Malt-O-Meal, Quaker brands are good
- Any Bob's Red Mills cereals/grains
- Any Arrowhead Mills cereals/grains
- Any Hodgson Mill cereals/grains
- Any Kashi cereals
- Uncle Sam's cereal
- Nature's Path cereals
- Raisin bran
- Shredded wheat
- All Bran
- Wheaties
- Oatbran
- Kix

## Other ideas

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Progresso Soups

Campbells Healthy Choice Soups

Any lower sodium, lower fat soup

## Fun combination ideas

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*Trail Mixes* - try any of these combinations (3 different options)! Pick equal portions of one of each, put in zip lock bag:

- ♥ Nut or seed
  - ♥ Dried fruit
  - ♥ Cereal
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- ♥ Nut or seed
- ♥ Cracker
- ♥ Cereal

- ♥ Cereal 1
  - ♥ Cereal 2
  - ♥ Nut 1
  - ♥ Nut 2
  - ♥ Dried fruit
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*Tortilla Roll-up* with peanut butter and sliced banana

Rinse *can of beans*, put in bowl, add seasonings, enjoy!