

HEALTHY SNACKS

Which foods make the healthiest snacks?

If you are going to choose high sugar/fat snacks (foods from top of food guide pyramid), do so in moderation. This includes soda, chips, cookies, and fried foods. One day of high sugar/high fat eating will not make or break your weight...it is consuming large amounts of these foods over a long period of time that will cause pounds to creep up. Here are some suggestions for healthy snacking:

- Whole grain cereal (cheerios) and milk (skim-1%)
- Fresh fruit or fruit juice
- Yogurt
- Peanut butter on wheat crackers
- Dried fruit and nut mix
- Raw vegetables with cottage cheese, yogurt, or low fat dressings
- Light microwave popcorn
- Baked chips-such as Baked Lays
- ½ Bagel with low fat cream cheese
- Low fat string cheese
- Sorbet
- Pretzels
- Top a microwave “baked” potato with salsa
- Steamed or raw veggies (try a ready-made veggie tray from the grocery store!); serve salad dressing or hummus on the side for dipping.
- Granola or granola bars
- Fruit salad
- Tossed garden salad
- Pita bread with hummus
- Rice cakes (they come flavored)
- pita or soy chips
- Fig bars
- Unsweetened apple sauce (add spices to enhance flavor; some come with flavors!)
- Sorbet or frozen yogurt
- Tuna packed in water (with light mayo and mustard if desired)
- Graham crackers
- Low-fat muffins
- Smoothies
- Fruit juices (100%) (try mixing with sparkling water)

Source: Office of Health Education, Wesleyan University