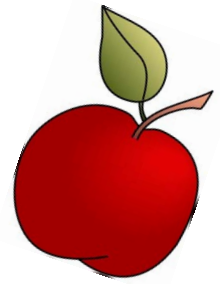




HEALTHY SNACK IDEAS



Avoid foods with artificial sweeteners, refined sugar and hydrogenated fats. You can use xylitol (birch sugar) or agave nectar (found at Whole Foods or Trader Joes) in place of sugar in any recipe. This does not affect blood sugar levels and is all natural.

- Apples - sliced
- Applesauce – no sugar added; regular or cinnamon
- Bagels – whole wheat; serve with various cream cheeses/ fruit spread/veggies
- Bananas - with wheat germ or granola
- Biscuits – whole grain with butter/fruit spread/agave nectar
- Bread – zucchini, carrot, banana, with butter/margarine
- Carrot Sticks– with ranch or blue cheese dressing
- Carrot/Raisin salad - with mayonnaise or yogurt honey dressing on the side
- Celery Sticks – with dips: ranch/blue cheese dressing, peanut butter or almond butter
- Cheese – cubed/sliced/string with fruit or crackers
- Cheese and Crackers – whole grain or rye
- Chicken – baked “drumettes” served cold with ranch dressing
- Chili – served in cups
- Cottage cheese – low fat with fruit: strawberries/ pineapple/sliced grapes/cantaloupe
- dips: ranch/rice vinegar/hummus/cottage cheese/tzitziki
- Egg Salad - serve on whole grain crackers
- Eggs – deviled
- English Muffins – whole wheat with fruit spread or melted cheese/veggies
- Fruit Kabobs
- Fruit Mix – kids make their own mix: cheerios/nuts/dried fruit/carob chips/coconut/etc.
- Fruit Salad
- Fruit Smoothies
- Garden Burgers – cut into chunks; dips: ketchup/mustard/ barbeque sauce
- Grated/thinly sliced veggies/herbs/seasonings
- Jello – made with fruit juice and Knox Blox unflavored gelatin
- Meatballs – low fat hamburger or turkey; dips: ketchup/ mustard/ranch/marinara/etc.
- Muffins – low in sugar, corn, blueberry, bran, with butter/ margarine
- Oatmeal (hot) in cups with maple syrup or fruit
- Oatmeal Cookies
- Olives
- Orange Wedges
- Pancakes - minis with fruit spread and cream cheese
- Pasta – sauces: marinara or olive oil and parmesan cheese
- Pasta Salad
- Peanut Butter and Fruit Spread Sandwiches
- Peanut or Almond Butter Cookies
- Pickles
- Pizza – cheese, veggie, or fruit
- Popcorn – without hydrogenated oils
- Popsicles – fruit with no artificial sweeteners or added sugar
- Potato - (baked) with sour cream
- Pretzels – with cream cheese dip
- Pumpkin Cookies
- Quesadilla (cheese) – whole grain or veggie (spinach, etc.) tortilla; can add chicken
- Quesadilla (fruit) – whole grain tortilla spread with cream cheese and/or fruit spread
- Quesadilla (veggie) - whole grain or veggie tortilla spread with cream cheese; topped with
- Rice Cakes – topped with cream cheese/fruit spread/nut butter
- Sandwiches – any “pinwheel” sandwich
- Soup – vegetable or chicken, served with whole grain crackers
- Tofu Dogs – wrapped in whole grain bun or tortilla with ketchup dip
- Tortellini – served chilled with dips: marinara/hummus/ butter/margarine
- Tortilla Chips with Salsa - fruit salsa/veggie salsa and guacamole
- Turkey – (cubed) with grapes on skewers
- Turkey (not processed) – (thinly sliced) wrapped around a pickle spear with a toothpick
- Vegetables – peppers (all colors, sliced)/ cucumber/ carrots/broccoli (lightly steamed is best)/celery
- Plain Whole Milk Yogurt – can mix in wheat germ/ granola/fruit (dried or fresh)
- Yogurt Popsicles