

# HEALTHY SNACK LIST

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## SNACKS ON THE GO

- *Trail Mix*
- *Fruit and nut granola bar*
- *Fresh or dried fruit*
- *Dry cereal*
- *Rice cakes*
- *Nuts (no added salt)*
- *Roasted pumpkin seeds*
- *Roasted almonds or cashews*



Source: [wholeliving.com](http://wholeliving.com)

## SNACKS TO BRING WHILE TRAVELING

- *Baked kale chips*
- *Baked beet chips*
- *Pretzels*
- *Rice cakes*
- *Fresh or dried fruit*



Source: [theurbanposer.com](http://theurbanposer.com)

## SNACKS TO KEEP AT WORK

- *Vegetables*
- *Fresh or dried fruit*
- *Fruit and nut granola bar*
- *Kale dip with snap peas*
- *Apples and peanut butter*
- *Sweet potato hummus with pita*



Source: [wholeliving.com](http://wholeliving.com)

- *wedges*
- *Whole-grain bread with almond butter or ricotta cheese*
- *Low-fat yogurt or cottage cheese with fruit*
- *Low-sugar instant oatmeal packets with fruit*
- *Seasoned popcorn with no added salt*
- *Dark chocolate and almonds*



Source: [wholeliving.com](http://wholeliving.com)

## SNACKS AT HOME

- *Vegetables and hummus*
- *Edamame (Soybeans)*
- *Hard-boiled eggs (with added spice)*
- *Tuna with relish and crackers*
- *Seasoned popcorn (with no added salt)*
- *Lightly baked avocado with lime, pepper, and salt*
- *Guacamole with fresh-cut vegetables or baked tortilla chips*
- *Eggplant spread with whole-grain crackers*
- *Low-fat yogurt or cottage cheese with fruit*
- *Low-fat mozzarella cheese and tomatoes*
- *Black bean salsa and baked tortilla chips*
- *Tabbouleh with parsley, lemon juice, salt, and pita wedges*
- *Cherry tomatoes stuffed goat cheese and oregano*



Source: [wholeliving.com](http://wholeliving.com)

## BEVERAGES

- *100% vegetable and fruit juices*
- *Vegetable and fruit smoothies*
- *Real fruit infused in water*
- *Herbal tea (contains no caffeine)*
- *Black tea (contains caffeine)*
- *Green tea (contains caffeine)*
- *Decaf (2% caffeine)*
- *Soy or almond milk*
- *Blackberry hibiscus water with chia seeds*
- *100% fruit juice/nectar with sparkling water*



Source: quickcrop.ie



Source: wholeliving.com