HEALTHY SNACK LIST

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

SNACKS TO BRING WHILE TRAVELING

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