

# Healthy Snack Guide



## Stock Your Kitchen Right

Follow the Food Guide Pyramid to stock your kitchen. Having the right stuff on hand is very important for making fast healthy snacks. If your snacks are based on whole grains, fruits and vegetables with a little dairy and lean protein you will be on your way to better health. Of course you will want to watch you intake of salt and saturated fat to keep your heart healthy. Here are some items you may want to keep on hand:

### Grains:

- Low-fat, whole-grain crackers
- Rice cakes
- Whole wheat pita bread (100%)
- Whole wheat bread (100%)
- Baked tortilla chips

### Vegetables:

- Raw vegetables
- Salads
- Potatoes and sweet potatoes
- Vegetable juice (100%)
- Vegetable soups

### Fruits:

- Fresh fruit
- Dried fruit
- Fruit juice (100%)

### Heart Healthy Protein:

- Nuts and nut butters
- Bean dip
- Bean soup
- Bean salad
- Baked tofu
- Canned tuna or salmon

### Heart Healthy Dairy:

- Non-fat light yogurt

- Fortified soymilk and skim milk
- Smoothies made with soymilk or skim milk

## Easy Snack Ideas

For healthy snacks, think out with the bag—that is, out with foods that are sold as snacks in all those cute packages and bags. The healthiest snacks do not really include refined carbohydrates such as pretzels, crackers, cookies and chips, all of which are often high in sodium and fat and low in fiber. This is especially important if you are trying to watch our weight, lower you blood pressure or control you blood sugar. Here are some healthy, delicious snack ideas:

- **Peanut butter crackers** – An old standby is healthy when you place it on 100% whole grain, low-fat whole grain crackers (such as WASA brand crackers) or even 100% whole grain bread. If you are watching you weight, keep the peanut butter to 1 Tbsp. Per serving and add some light, no-sugar-added preserves or fresh sliced fruit.
- **Soup** – Purchase low-sodium, low-fat vegetable or bean soup. It can be microwaved in minutes in a coffee mug. If you are keeping this at the office, don't forget the can opener.
- **Rabbit bag** – Put a few raw veggies and fruits together in a zip lock bag. Use orange wedges, apple slices, raw cauliflower and raw carrots. The orange gives everything a nice flavor and helps keep the apple slices from turning too brown.
- **Smoothie** – Blend skim milk, fruit and wheat germ to make a delicious drink that tastes like a milk shake.
- **Low-sodium vegetable juice** – Helps you get to 5 a day.
- **Sandwiches** – They don't have to be just for lunch; they are great for snacks, too. Stuff a whole-wheat pita with lean turkey or beans, lettuce, tomato and a little vinegar and oil for a heart healthy treat.
- **Tuna or salmon on toast** – Make a tuna or salmon salad with canned fish and low-fat mayonnaise. Spread it on 1 slice of toasted 100% whole-wheat bread and top with fresh sliced tomato and shredded romaine lettuce.
- **Oatmeal raisin bowl** – make a bowl of oatmeal with raisins and cinnamon.
- **Cereal parfait** – Place light non-fat yogurt, fruit and whole grain cereal in a plastic cup and you will have a nutritious snack ready to go.
- **Baked sweet potato** – Bake a sweet potato in the microwave and top with reduced calorie pancake syrup.

### Calories per Serving:

Healthy Snacks	Calories
Broccoli	24
Carrots	52
Apple	81
Pear	97
Banana	108

High-Calories Snacks	Calories
Pretzel	214
Cookie	260
Muffin	340
French fries	350
Cinnamon bun	370

