

Helpful Ideas for Healthful Snacking

Use this list of suggestions to make up your own healthy snacks. Hang it on the fridge to help you to put together fun and nutritious snacks. Choose at least one fruit or vegetable and one grain or protein.

FRUITS!

- ⇒ Canned fruits in light syrup
- ⇒ Applesauce/Apples
- ⇒ Grapes & Berries
- ⇒ Bananas
- ⇒ Cherries
- ⇒ Pears & Plums
- ⇒ Tangerines/Clementines
- ⇒ Oranges/Mandarin Oranges
- ⇒ Apricots
- ⇒ Pineapple
- ⇒ Mangoes (try them frozen!)
- ⇒ Avocados
- ⇒ Melon Chunks (all kinds!)
- ⇒ Dried Apple rings, aprcots, raisins, berries, (no added sugar)

Avoid: fruit snacks, fruit leather, roll-us, fruit chews, or other artificial "fruit"

GRAINS!

- ⇒ Dry Cereal (whole grain, high fiber)
- ⇒ Whole-wheat crackers
- ⇒ Whole-wheat graham crackers
- ⇒ Oatmeal
- ⇒ Whole-wheat couscous or quinoa
- ⇒ Soba noodles or whole-wheat pasta
- ⇒ Granola or trail mix (keep portions small)
- ⇒ Oat bran mini muffins
- ⇒ 100% whole-wheat English muffins
- ⇒ 100% whole wheat tortillas
- ⇒ Popcorn
- ⇒ Whole grain pita chips
- ⇒ Whole grain toaster waffles

Avoid trans fats: anything with "partially hydrogenated oil" in the ingredient list

VEGGIES!

- ⇒ Raw broccoli or cauliflower
- ⇒ Cucumber Slices
- ⇒ Carrot coins or sticks
- ⇒ Sugar snap peas
- ⇒ Green peas
- ⇒ Corn
- ⇒ Green or yellow string beans
- ⇒ Lettuce leaf wraps
- ⇒ Jicama sticks
- ⇒ Sweet potatoes
- ⇒ Okra
- ⇒ Zucchini & Yellow squash spears

Avoid French fries and fried vegetables

PROTEIN!

- ⇒ Cheese
- ⇒ Hard boiled eggs
- ⇒ Yogurt
- ⇒ Canned tuna
- ⇒ Canned Chicken
- ⇒ Hummus
- ⇒ Cottage Cheese
- ⇒ Beans (black, kidney, garbanzo)
- ⇒ Soymilk
- ⇒ Peanut butter and other nut butters
- ⇒ Nuts: almonds, walnuts, cashews, peanuts (keep portions small)
- ⇒ Seeds: sunflower, pumpkin

For more on building a healthy home, visit www.ymca.net/healthy-family-home

