

CATCH a HEALTHY SNACK

Simple Healthy GO Snacks

Fresh Fruits—

Apple, Banana, Orange, Kiwi,
Grapes, Mango, Plum, Pear,
Raisins, Melons, Grapefruit, Peach,
Strawberry, Pineapple, berries, etc

Fresh Vegetables— Eat raw or with a
low-fat dip!

Carrots, Cucumber, Celery,
Broccoli, Cherry Tomatoes, Snap Peas,
Avocado, etc

Low-Fat String Cheese

Low-Fat Yogurt

One Hard— Boiled Egg

Whole-Grain Cereals—

Cheerios, Oatmeal, Shredded
Wheat

Quick Combinations

Tortilla Chips with Salsa

Toasted Pita Bread with Hummus

Graham Crackers with Peanut Butter

1/2 Toasted Whole Grain Bagel topped
with almond butter and honey

Greek Yogurt with Fresh Fruit

Fruit Salad— Cut and Mix up a few of your
favorite fruits in a bowl.

Whole Grain Crackers topped with a piece
of cheese

Easy Snack Recipes

Smoothie— Blend 1 cup of Plain Low-Fat
yogurt with 1/2 cup frozen berries and 1/2
cup orange juice

Easy Vegetable Dip— Stir ranch seasoning
mix (dry) into plain yogurt for a tangy dip

Mini Pizza— Toast an English Muffin, Drizzle
with Pizza Sauce and Sprinkle with low-fat
Mozzarella Cheese

Cracker Delight

1 Graham Cracker Square

1 Tablespoon low-fat cottage cheese

1 Tablespoon dried fruit (raisins, dates, or
figs)

Spread Cheese on Cracker and top with
Dried Fruit

Mini Rice Cake Sandwich

8 mini Apple-Cinnamon Rice Cakes

1 1/2 Tablespoons— Natural Peanut Butter

4 Banana Slices

Spread 4 rice cakes with Peanut Butter; top
each with a slice of banana and the remain-
ing rice cakes.