

SNACKS

Mix & match foods from these food groups to make your own mini-meals!

50 CALORIES

FRUITS AND VEGETABLES

- 1/2 cup unsweetened applesauce
- 1 medium fresh peach
- 1 medium apple
- 1 cup strawberries
- 1 medium orange
- 1 cup watermelon
- 1 cup (4 oz) baby carrots

100 CALORIES

CARBOHYDRATE

- 1 banana
- 1/3 cup raisins
- 8 saltine crackers
- 18 small pretzels
- 3 low-fat graham cracker squares
- 3 plain rice cakes
- 1 low fat granola bar
- 7 reduced fat Club crackers
- 12 reduced fat Wheat Thins
- 7 reduced fat Triscuits

PROTEIN

- 1 cup skim milk
- 1 carton fruit flavored fat-free yogurt
- 2 pieces light string cheese
- 1 Tbsp peanut butter
- 3 fat free cheese slices



Snacks are a great way to get in the recommended number of servings from each food group every day. Snacks can be thought of as “mini meals” which will satisfy your hunger and provide plenty of nutrients at the same time! A healthy snack should include the three major sources of energy used in the body; carbohydrate, protein, and fat.

150-250 CALORIES

MINI MEALS

- 2 Tbsp peanut butter & 5 saltine crackers (250 calories)
- 1/2 turkey & cheese sandwich & chips: 1 piece bread, 2 slices fat free turkey lunch meat, 1 cheese single & 1 oz baked potato chips (250 calories)
- 2 low-fat graham cracker sheets & 1 cup skim milk (200 calories)
- 2 pieces light string cheese & 16 reduced fat Wheat Thins (230 calories)
- Ants on a life preserver: 1 small box raisins, 1 Tbsp peanut butter, 1 small apple sliced into rings (220 calories)
- 2 oz water packed tuna, 1 Tbsp light mayo, diced tomatoes on 10 reduced fat Club crackers (180 calories)
- 1 small tortilla, 1 scrambled egg, 1 oz light or 2% cheese (220 calories)
- 10 reduced fat Ritz crackers, 1/4 cup pizza sauce, 1 oz or 1/4 cup mozzarella cheese (235 calories)
- Ants on a log: 1 small box raisins, 2 Tbsp peanut butter, 2 celery stalks (250 calories)
- 2 American cheese 2 % singles & 10 reduced fat Triscuits (240 calories)
- 2 graham cracker sheets and 1 Tbsp peanut butter (215 calories)
- 1 slice thin crust cheese pizza (200 calories)
- 1 cup cereal & 1/2 cup skim milk (150-200 calories)
- 1 bean burrito: 1 small (8”) whole wheat tortilla, 1/4 cup fat free refried beans, 2 Tbsp salsa, 1 Tbsp fat free sour cream (170 calories)
- 11 one-inch ham circles, 10 reduced-fat Ritz crackers, 2 fat-free cheese singles (240 calories)

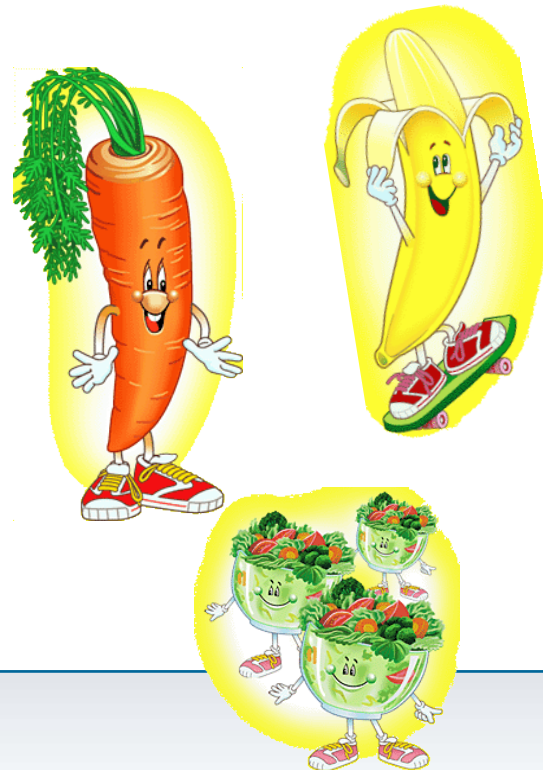
SWEET TREATS

- 1 cup sherbet (240 calories)
- 2 oz animal crackers (250 calories)
- 1 cup skim milk with 2 Tbsp chocolate or strawberry syrup (180 calories)
- 8 reduced fat vanilla wafers and 1/2 cup low fat vanilla ice cream (230 calories)
- 3 reduced fat Oreo cookies and 1 cup skim milk (220 calories)

When choosing snacks it is important to remember that all foods have calories. Some have more. Others have less. Selecting snacks that will satisfy your hunger without adding too many extra calories can be hard. Keep in mind that snacks that are low in calories and high in volume will often make you feel more satisfied. Snacks high in calories but small in volume will make you feel less satisfied. Here's something to think about:

Which of these snacks would fill you up more?

- ⇒ 4 chocolate kisses
- ⇒ 2 bags prepared salad mix
- ⇒ 1 banana
- ⇒ 2 chicken nuggets
- ⇒ 1 cup skim milk
- ⇒ Half of 1 pound bag baby carrots
- ⇒ 1 cup dry cereal



Each of the
above has
approximately
100 calories.

Snacking can be nutritious, as long as you choose snacks wisely. However, moderation is the key. If eaten in large amounts, many snacks can greatly increase your caloric intake.