Healthy Eating: Sixteen Savory Snacks

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Tired of your regular snacks? Here are sixteen snack ideas that are easy to prepare and healthy too! Keep some of these choices handy for the next time you have the snacking urge.

1. ½ cup zucchini, cucumber, or carrot strips dipped in low-fat ranch dressing or plain yogurt
2. Frozen peeled banana (wrap in plastic wrap before freezing)
3. Slice of whole grain toast topped with fruit preserves
4. ¼ cup dried mixed fruit
5. Two Graham cracker squares topped with peanut butter and honey (optional)
6. ½ cup low-fat buttermilk
7. ½ ounce low-fat string cheese
8. Homemade popsicle (made with your favorite 100% fruit or vegetable juice)
9. Hard-cooked egg and ½ cup 100% fruit juice

Figure 1. Dip fresh vegetables in low-fat dressing or plain yogurt.

Credits: James Gathany, CDC

Archival copy: for current recommendations see http://edis.ifas.ufl.edu or your local extension office.
10. ½ cup low-fat yogurt with ¼ cup cut-up fruit and granola

11. ½ cup sliced cucumbers and tomatoes with low-fat Italian dressing or plain low-fat yogurt

12. Half of a whole wheat pita bread with hummus (chickpea dip)

13. Slice of whole wheat toast with margarine and a sprinkle of sugar and cinnamon

14. Small whole wheat tortilla topped with low-fat cheese and melted

15. ½ cup low-fat cottage cheese and ½ cup melon or peach cubes

16. ¾ cup low-sodium vegetable juice with 4 wheat crackers

Figure 2. Peel and freeze a banana for a future snack.