

Healthy Eating: Sixteen Savory Snacks¹

Jennifer Hillan and Linda B. Bobroff²

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. $\frac{1}{2}$ 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. $\frac{1}{4}$ cup dried mixed fruit
5. Two Graham cracker squares topped with peanut butter and honey (optional)
6. $\frac{1}{2}$ cup low-fat buttermilk
7. $\frac{1}{2}$ ounce low-fat string cheese



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

Credits: James Gathany, CDC

8. Homemade popsicle (made with your favorite 100% fruit or vegetable juice)
9. Hard-cooked egg and $\frac{1}{2}$ cup 100% fruit juice

1. La versión en español de este documento es *Alimentación Saludable: Dieciséis meriendas apetitosas (FCS8697-Span)*. This document is FCS8697, one of a series of the Department of Family, Youth, and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date February 2005. Revised April 2012. Visit the EDIS website at <http://edis.ifas.ufl.edu>.

2. Jennifer Hillan, MSH, RD, LD/N, former ENAFS nutrition educator/trainer, Department of Family, Youth, and Community Sciences; and Linda B. Bobroff, PhD, RD, LD/N, professor, Department of Family, Youth, and Community Sciences; Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A&M University Cooperative Extension Program, and Boards of County Commissioners Cooperating. Millie Ferrer-Chancy, Interim Dean

10. $\frac{1}{2}$ cup low-fat yogurt with $\frac{1}{4}$ cup cut-up fruit and granola
11. $\frac{1}{2}$ 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. $\frac{1}{2}$ cup low-fat cottage cheese and $\frac{1}{2}$ cup melon or peach cubes
16. $\frac{3}{4}$ cup low-sodium vegetable juice with 4 wheat crackers



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

Credits: Romek Kowalski, <http://bit.ly/H9RY0a>