

# Healthy Snack Ideas



How do you handle those cravings or slumps in your day?

It can be easy to overindulge if we become overly hungry or restrict our calories with intense diets or extreme deprivation.

Snacking can be a healthy and enjoyable part of a balanced eating plan. The key is to create a plan.

It's important to know the serving size and take into consideration how this snack fits into your daily calorie intake. Measure out what fits into your overall eating plan.

So let's plan for some healthy snacks. make them readily available and eat them mindfully.

## QUICK AND HEALTHY ENERGY BITES

- 2 cups Oatmeal (quick oats work well)
- 1/2 to 1/3 cup nut butter
- 1/2 cup granola with flax or ground flax seed
- 1/3 cup honey
- 2 Tbsp honey or maple syrup
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/3 cup chopped nuts of choice

Optional add-ins based on preference:

- 1/2 cup raisins or craisins
- 1/2 cups chocolate chips
- 1/2 cup chopped dates

Combine all ingredients and form into balls. Place a on cookie sheet to freeze individually.

Makes approximately 24, 1" pieces. May be stored in the refrigerator for 3 weeks or freezer for 3 months in a tightly sealed container.

Approximately 125 calories, 6 g fat, 16 g carb, 4 g protein per 1" piece

## TIPS

**Be prepared.** Keep portable, nutrient-dense snacks in your desk, backpack or car.

**Take a walk, work on a hobby or call a friend.** When an intense craving hits, take a moment to consider what else you might be needing at that moment. Are you actually hungry or are you bored or lonely?

**Hydrate.** When an intense food craving hits drink a glass of water. Often we grab food when our bodies are actually only thirsty.

**Chocolate.** If you sometimes crave chocolate, enjoy it mindfully. Portion out a serving, enjoy the experience and put it away when you're satisfied.

# Healthy Snack Ideas (continued)

Fruits	Vegetables	Protein	Grains
<ul style="list-style-type: none"> <li>• Dried Fruit                             <ul style="list-style-type: none"> <li>Apricots</li> <li>Apples</li> <li>Cherries</li> <li>Cranberries</li> </ul> </li> <li>• Fresh Fruit                             <ul style="list-style-type: none"> <li>Apples</li> <li>Grapes</li> <li>Banana</li> <li>Tangerines</li> <li>Blueberries</li> </ul> </li> <li>• Applesauce</li> <li>• Canned fruit in fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Cherry tomatoes</li> <li>• Snow Peas</li> <li>• Vegetable “sticks”</li> <li>• Cucumber</li> <li>• Celery</li> <li>• Jicama</li> <li>• Bell Pepper</li> <li>• Vegetable juice</li> </ul> <p>Vegetable dipping suggestions:</p> <ul style="list-style-type: none"> <li>• Hummus</li> <li>• Peanut butter</li> <li>• Low-fat yogurt dips</li> </ul>	<ul style="list-style-type: none"> <li>• String cheese</li> <li>• Nuts–Almonds, Peanuts, Walnuts</li> <li>• Seeds–Sunflower</li> <li>• Hard boiled egg</li> <li>• Hummus</li> <li>• Peanut Butter</li> <li>• Tuna snack packs</li> <li>• Trail Mix</li> <li>• Low-fat cottage cheese</li> <li>• Low-fat yogurt</li> <li>• Turkey jerky</li> </ul>	<ul style="list-style-type: none"> <li>• Microwave pop-corn (light)</li> <li>• Crackers–Wholegrain</li> <li>• Rice cakes</li> <li>• Dry whole grain cereal</li> <li>• Energy bars</li> <li>• Granola bars</li> <li>• Baked Chips</li> </ul>
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