

Healthy Snack Options (about 200 kcals)

- 8 oz. skim milk and fruit (1 c. berries, banana, orange, kiwi, or other)
- 1 c. plain yogurt with ½ to 1 c. berries
- 8 oz. skim milk with 1 serving whole wheat crackers
- ½ bagel with 1 TBSP. peanut butter
- 2 c. air-popped popcorn with 8 oz. skim milk
- carrot and celery sticks with hummus
- 1 c. melon chunks with ½ c. cottage cheese
- Rice or corn cake with PB, refried beans, or hummus
- 1 c. broth-based soup (minestrone, lentil, bean, chicken noodle) with 6 whole wheat crackers
- Baked tortilla chips with salsa
- ½ tuna sandwich
- ½ to 1 small baked potato with 1 oz. grated lowfat cheese
- String cheese and fruit
- 1 snack-size Clif bar with fruit (banana, apple, or orange)
- 1 c. plain yogurt sprinkled with almonds, walnuts, or lowfat granola
- Granola bar and fruit
- 1 boiled egg with fruit
- 1 c. edamame
- 3-4 pc. California rolls
- Smoothie: ½ c. plain yogurt, ½ banana, 2/3 c. strawberries, 1 kiwi
- 8 oz. plain yogurt with 1 kiwi or ½ c. strawberries, 2 graham cracker squares
- ½ c. cottage cheese and ½ c. pineapple chunks
- String cheese and ¼ c. raisins
- ½ c. Cheerios, 1 TBSP. raisins, and 1 TBSP peanuts
- 1 c. soup with 1 c. melon
- 1 lowfat pudding cup and fruit
- 2 TBSP dried fruit and 1 TBSP nuts
- Low-fat string cheese and 20 red grapes
- 1 c. broth soup with whole wheat crackers
- 1 whole wheat pita with veggies and hummus
- 1 Nutrigrain bar and apple or pear
- ½ c. oatmeal
- 1 sliced apple or pear dipped in 2 TBSP peanut butter or vanilla yogurt
- ½ c cooked brown rice with ½ c beans
- 1 c shrimp cocktail
- 1 3 ½ oz can tuna with 8 whole grain crackers or celery sticks
- 8 celery sticks dipped in 2 TBSP peanut butter
- 1 ½ c dark green salad with colorful veggies like red peppers, carrots, red onions and 1 tsp olive or canola oil dressing
- 1 small bran muffin and fruit
- 1 c fruit salad with 2 TBSP walnuts or almonds
- 200 kcals of your own healthy recipes!

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