A DIETITIAN’S GUIDE TO
HEALTHY SNACKING

20 WAYS TO SATISFY YOUR
SALTY, SWEET, & CRUNCHY
CRAVINGS.
**Ingredients:**
- 1/4 cup of hummus
- 10 carrot sticks

**Nutrition facts:**
- Kcal: 150
- Fat: 10g
- Carbs: 14g
- Fiber: 5g
- Protein: 4g

**SALTY SNACKS**

**Ingredients + Instructions:**
1/2 medium ripe Haas avocado
2 tablespoon of salsa
1 teaspoon of light sour cream
1/2 teaspoon of lemon juice
10 whole grain crackers

Combine all ingredients in a food processor or using the back of a fork to mash avocado.

**Nutrition facts:**
- Kcal: 336
- Fat: 17g
- Carbs: 35g
- Fiber: 10g
- Protein: 3g

**Ingredients:**
- 1/2 cup of 2% low fat cottage cheese
- 1 tablespoon of flaxseeds or nuts

**Nutrition facts:**
- Kcal: 150
- Carbs: 7g
- Fats: 17g
- Protein: 16g
- Fiber: 3g

**Did you know?**
- Avocados are full of good fats and antioxidants!
- 5 grams of filling fiber! (which makes it a satiating snack)

**COTTAGE CHEESE + FLAXSEED**

**YOGURT + VEGGIES**

**Ingredients:**
- Greek Yogurt, plain, fat free
- Juice from one lime
- Dill or cilantro
- Salt and Pepper
- Your favorite raw veggies like red pepper strips or celery

**Nutrition Facts:**
- Kcal: 133, Fat: 0g
- Carbs: 17g
- Fiber: 5g
- Protein: 15g
### Ants on a Log

**Ingredients:**
- Celery stalk
- Red pepper hummus or plain hummus
- Sunflower or pumpkin seeds

**Instructions:**
Fill celery stalks with hummus & top with seeds.

**Nutrition Facts:**
- Kcal: 57, Protein: 2 g
- Carbs: 4 g, Fat: 4 g
- Fiber: 1 g

Or try peanut butter on your celery!

**Image Source:** Parents Magazine

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### Nachos in a Mug

**Ingredients:**
- Nonstick cooking spray
- ½ cup canned refried beans
- 3 tablespoon salsa
- 10 tortilla chips
- 3 tablespoon shredded Mexican cheese blend
- 1/4 avocado diced

**Instructions:**
Spray the mug with cooking spray. In a small bowl, stir together the beans and salsa. Place 5 chips in the mug and top with a third of cheese and half the bean salsa mixture. Top with another layer. Microwave covered for 1 minute and thirty seconds. Top with Avocado.

**Nutrition facts:**
- Kcal: 450
- Fat: 21 g
- Carbs: 40 g
- Fiber: 11.5 g
- Protein: 23 g

**Image Source:** Spoon University

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### Turkey Roll Ups

**Ingredients:**
- 4 turkey slices
- 4 teaspoons of cream cheese
- Strips of cucumber
- Slices of tomatoes

**Instructions:**
Place turkey slices on a plate and spread 1 teaspoon of cream cheese on each. Top with a thin slice of cucumber and slice of tomato. Roll up and use a toothpick to keep intact.

**Nutrition Facts:**
- Kcal: 177, Carbs: 3 g
- Fat: 5 g, Protein: 15 g, Fiber: 0 g

**Image Source:** Diabetic Living

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**Try adding whole grain crackers for added fiber**
**Ingredients:**
1/2 bagel
1 tablespoon of peanut butter (or any other nut butter)
1/2 banana, sliced

**Nutrition facts:**
Kcal: 260
Fat: 9 g
Carbs: 35 g
Fiber: 5 g
Protein: 9 g

**Did you know?**
Chia seeds are an excellent source of omega-3 fatty acids, protein and fiber.

**Or try pairing apples with peanut butter for another sweet & savory option!**

**GREEK YOGURT PARFAIT**

**Ingredients:**
1 cup of Greek yogurt
1/2 cup of kashi cereal
1/2 cup of blueberries or blackberries

**Nutrition facts:**
Kcal: 259
Fat: 3 g
Carbs: 23 g
Fiber: 5 g
Protein: 23 g

**Sources:**
- John Meyer Flickr
- Tasty Kitchen
- The Roasted Root
- HEB

**Did you know?**
Cheese is a great source of protein and calcium.

**CHIA SEED PUDDING**

**Ingredients:**
1 tablespoon of chia seeds
1 cup of milk (almond, cashew, coconut or dairy)
Vanilla Protein powder

**Instructions:**
Whisk all ingredients together in a glass jar and let sit for at least one hour refrigerated to allow seeds to absorb the liquid. Top with fruit and walnuts or sliced almonds.

**Nutrition facts:**
Kcal: 234
Fat: 8.5g
Carbs: 17g
Fiber: 5g
Protein: 21g

**Sources:**
- The Roasted Root

**Fruit + Cheese**

**Ingredients:**
Individually wrapped cheese (cheddar or provolone)
Fruit: apple or dried fruit like apricots or freeze dried apples.

**Nutrition facts:**
Kcal: 180
Fat: 6g
Carbs: 23g
Fiber: 5g
Protein: 7g

**Sources:**
- Pinterest
- Getty Images

**Did you know?**
Cheese is a great source of protein and calcium.

**Bagel + Banana + Nut Butter**

**Ingredients:**
1/2 bagel
1 tablespoon of peanut butter (or any other nut butter)
1/2 banana, sliced

**Nutrition facts:**
Kcal: 280
Fat: 9 g
Carbs: 35 g
Fiber: 5 g
Protein: 9 g

**Sources:**
- John Meyer Flickr
**Yogurt Covered Strawberries**

*Ingredients:*
- Strawberries
- Low fat plain or vanilla Greek yogurt

*Instructions:*
1. Dip strawberries in yogurt and place on a plate with preferably wax paper.
2. Freeze the strawberries for at least one hour.

*Nutrition Facts:*
(for about 8 strawberries)
- Kcal: 110
- Fat: 1g
- Carbs: 20g
- Fiber: 3g
- Protein: 5g

Try yogurt covered + granola dipped bananas too!

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**Nutella Energy Bites**

*Ingredients:*
- 2 cups quick oats
- 1 cup shredded coconut
- ¼ cup chia seeds
- ½ cup honey
- ½ cup Nutella

*Instructions:*
1. Mix the dry ingredients in a bowl.
2. Add honey and Nutella.
3. Use hands to scoop and form one inch balls.

*Nutrition facts*
For one serving (2 bites):
- Kcal: 180
- Carbs: 15g
- Fat: 9g
- Fiber: 5g
- Protein: 7g

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**Kale Smoothie**

*Ingredients:*
- ½ cup of coconut water
- 2 cups of stemmed & chopped kale
- 1 ripe banana
- 1 cup of chopped pineapple (optional)
- Ice for thicker smoothies

*Instructions:*
Blend all ingredients in a blender adding water and ice to reach desired consistency.

*Nutrition facts:*
- Kcal: 251
- Carbs: 60g
- Fat: 0.5g
- Fiber: 9g
- Protein: 4g

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**Sweet Snacks Cont.**
**CRUNCHY SNACKS**

**Did you know?**
3 cups of popcorn provides you with 1 of the 3 recommended daily servings of whole grains.

**POPCORN**

**Ingredients:**
- 3 cups of microwaveable air popped popcorn
- Season with salt and pepper
- 3 tablespoons grated cheese

**Nutrition Facts:**
Kcal: 136, Fat: 4g, Carbs: 18g, Fiber: 4g, Protein: 6.8g

**HOMEMADE POTATO CHIPS**

**Ingredients:**
- 2 russet potatoes
- 1 tablespoon parmesan cheese
- ½ tablespoon black pepper
- ½ tablespoon salt
- ½ tablespoon garlic powder

**Instructions:**
1. Slice potatoes into 1/16 of an inch thick (paper thin).
2. Place on a microwave safe dish with sprayed with cooking spray.
3. Sprinkle with Parmesan, garlic powder, salt and pepper.
4. Microwave on high for 10 minutes.

**HOMEMADE TRAIL MIX**

**Ingredients:**
- Banana chips
- Peanut butter chips
- Peanuts
- Almonds
- Dark chocolate chips

**Nutrition facts:**
Kcal: 150, Fat: 7g, Carbs: 10g, Fiber: 3g, Protein: 4g

* Trail mix can pack a hefty caloric punch, so keep serving sizes at a quarter cup or less.

**WANT TO KNOW MORE ABOUT HEALTHY EATING?**

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**Disclaimer:** Nutrition facts were calculated using a database, many databases will have amounts that may vary according to their algorithms. These nutrition facts are estimates only. Exact nutritional values will vary depending on many factors like brand, amount used, how each product was processed, and if there are any added seasonings/ingredients.