

# Healthy Bites

Here are a few ideas for snacks. With just a slight bit of preparation, you can package these snacks the night before and enjoy something satisfying the next day to help support your active lifestyle.

## Snacks (2 per day)

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- 1/4 cup sunflower seeds
- 1/4 cup cashews
- 1/4 cup pumpkin seeds
- 1/4 cup walnuts
- 2 Tbls. peanut butter on celery sticks
- 1 Tbls. peanut butter with a banana
- 1 1/2 Tbls. cashew butter on celery sticks
- 4 Tbls. almond butter on celery sticks
- 1/3 cup hummus with carrot, bell pepper, & carrot sticks
- Turkey and Swiss cheese plus 1 tablespoon raisins
- Peanut butter, almond butter, or soy butter on wheat crackers or English muffin
- Bean soup
- Yogurt with granola or nuts or cereal or fruit
- Ham and Swiss cheese
- Roast beef and Swiss cheese with whole-grain crackers
- Mozzarella cheese with whole-grain crackers
- Mozzarella cheese with small apple
- Mozzarella cheese and 1/2 cup cherries
- Buffalo mozzarella cheese and peach
- String cheese and small apple
- String cheese and 1 apricot.
- String cheese and 1/4 cup almonds
- String cheese and 1/4 cup pistachio nuts
- 1 cup cottage cheese and carrot sticks
- 1/2 cup cottage cheese with 1/4 cup unsweetened applesauce
- 1/2 cup cottage cheese with 1/4 cup fresh cubed melon
- Swiss cheese and small apple
- Swiss cheese and small handful of grapes
- Swiss cheese and 1/4 cup almonds
- 1/2 serving Tofu Egg Salad and Carrot sticks
- 1 ounce cereal and skim milk
- Flour tortilla with salsa and 2 T grated cheese, cottage cheese mixed with applesauce, 1 T hummus, or mashed bean spread
- Tuna packs with crackers, relish, and mayo
- Deviled eggs and medium orange
- 2 Hard boiled eggs
- Feta cheese on whole-grain crackers
- Turkey jerky
- Protein bar

\*Please note that these are snacks, not intended to replace balanced meals