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)**

- ¼ cup sunflower seeds
- ¼ cup cashews
- ¼ cup pumpkin seeds
- ¼ cup walnuts
- 2 Tbsp. peanut butter on celery sticks
- 1 Tbsp. peanut butter on banana
- 4 Tbsp. almond butter on celery sticks
- 1/3 cup hummus with cucumbers, bell peppers, & carrot sticks
- Turkey and Swiss cheese plus 1 Tbsp. raisins
- Peanut butter, almond butter, or soy butter on wheat crackers or English muffin
- Bean soup
- Yogurt with granola (low sugar) 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 ½ cup cherries
- Buffalo mozzarella cheese and peach
- *String cheese and small apple
- *String cheese and 1 fruit.
- *String cheese and ¼ cup nuts
- 1 cup *cottage cheese and carrot sticks
- ½ cup *cottage cheese with ¼ cup fresh fruit
- Swiss cheese and small fresh fruit
- 1 ounce cereal and skim milk
- Flour tortilla with salsa and 2 T grated cheese, 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 (less than 200 calories)

*Recommended to be low fat version

Please note that these snacks are not intended to replace balanced meals.

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