

To understand how snacks can fit into your diet, talk with your primary care physician or dietitian.

Healthy Snacks

Healthy snacks can be nutritious and keep you satisfied in between meals.

To make a satisfying snack, try to include protein, fiber and healthy fats. Also, choose snacks made up mostly with nutrient-dense foods. Choose foods that are low in saturated fats, added sugars and salt.

Snack ideas

Try these foods for low-calorie snacks: (less than 100 calories per serving):

- Vegetables:
 - Cucumber slices topped with a squeeze of lemon juice and pepper
 - Slices of yellow and orange bell peppers
 - A handful of cherry tomatoes
 - A handful of snap peas
- Fruits:
 - Apple
 - Pear
 - Orange
 - 1 cup of berries (strawberries, blueberries, blackberries)
 - 1 cup of grapes
- 1 egg
- 1 cup of edamame in the pods
- 1 packet (2 to 2 1/2 ounces) of tuna, in water
- Roasted seaweed
- 2 to 3 cups of plain popcorn

Try these combinations for a healthy snack:

- Mini bell peppers with hummus
- Cottage cheese with sliced cucumbers
- Hardboiled egg and fresh vegetable (such as cherry tomatoes)
- Whole wheat toast with tuna (in water, drained)
- Celery sticks and guacamole

- Sliced pears with a low-fat cheese stick
- Apple slices and peanut butter (1 to 2 tablespoons)
- Low-fat Greek yogurt (plain or low in added sugar) with berries
- Rice crackers with 1/4 cup low-fat ricotta cheese
- A handful of nuts

Snack recipes

Here are some easy recipe ideas for a healthy snack:

Home-made parfait

- 1 cup of low-fat regular or Greek yogurt (plain, or low in added sugar)
- 1/2 to 1 cup of berries
- 1/3 cup of a bran cereal (high fiber, low added sugar)
- Optional: cinnamon, nutmeg or vanilla extract
 1. Mix spices or vanilla extract with yogurt, if you like.
 2. Pour 1/2 of the yogurt in a bowl.
 3. Add 1/2 of the berries and 1/2 of the bran cereal on top of the yogurt.
 4. Pour the remaining yogurt on top of the cereal.
 5. Top with the remaining berries and cereal

Avocado toast

- 1 slice of whole wheat bread (about 60 to 80 calories per slice)
- 1/4 avocado
- Hot sauce or Everything but the Bagel® seasoning
 1. Toast the slice of whole wheat bread.
 2. Mash the avocado and spread it over the toast.
 3. Top with hot sauce or preferred seasoning.

Home-made whole-grain pizza

- 1 whole grain tortilla (about 60 to 80 calories per slice)
- Tomato sauce to taste
- 1 ounce cheese
- Toppings such as chopped up onions, bell peppers, tomatoes and olives
 1. Preheat the oven to 350 degrees.
 2. Line a baking sheet with foil. Put the tortilla on the foiled baking sheet.
 3. Spread sauce over the tortilla. Top with cheese and toppings.
 4. Bake for 5 to 10 minutes or until done.

Greek toast

- 1 whole wheat English muffin
 - 2 tablespoons of hummus
 - Diced tomatoes, chopped cucumbers and olives
 - 1/4 cup reduced-fat feta cheese
1. Toast the whole wheat English muffin.
 2. Top the toast with the hummus.
 3. Sprinkle the feta cheese and other toppings on the hummus.

5-minute Greek salad

- 2 cups chickpeas
 - 1 medium cucumber, peeled and sliced
 - 1 medium green bell pepper, chopped
 - 1 medium onion, sliced
 - 6 cherry tomatoes or 1 tomato, chopped
 - 1 cup parsley, chopped
 - 4 ounces reduced-fat feta cheese
 - Juice of 2 lemons
 - 2 tablespoons extra virgin olive oil
 - 2 teaspoons Italian seasoning
1. Combine the chickpeas, cucumber, green pepper, onion, tomatoes, parsley and feta cheese in a bowl.
 2. Add the lemon juice, extra virgin olive oil, and Italian seasoning and combine well with a spoon.
- (Makes 6 servings.)