

Healthy Snack Ideas

High Fiber & Portable
Fruits such as: Apples,
Bananas, Pears or
Peaches



Greek Yogurt with
Granola & Fruit



Hummus with carrot
or celery sticks or
with whole grain
crackers



Homemade Trail Mix
with almonds, dried
cranberries and high
fiber/low calorie
cereal



A mix of veggies with
carrots, snap peas and
celery



A handful of almonds
or walnuts



Low fat tortilla chips
and low sodium salsa



Whole wheat pretzels
with guacamole,
almond butter or
hummus



Apple Slices or celery
sticks with natural
peanut butter

