

HEALTHY SNACK LIST

SECONDARY FOODS | NUTRITION EDUCATION



SALTY

- Olives
- Pickled vegetables, like cucumbers, carrots, daikon, beets, and lotus root
- Tabouli and hummus
- Oysters and sardines
- Kale or seaweed chips
- Steamed vegetables with tamari or umeboshi vinegar
- Sauerkraut – it will also knock your sweet craving right out!
- Tortilla chips and salsa or guacamole – try whole grain chips such as “Garden of Eatin” or “Food Should Taste Good” brands and freshly made salsa or guacamole
- Salted edamame
- Small amount of organic cheese



CREAMY

- Smoothies
- Yogurt
- Avocados
- Rice or chia seed pudding
- Baba ghanoush
- Puréed soups
- Puddings made with silken tofu, pumpkin, avocado, or mashed banana
- Mashed sweet potatoes
- Coconut milk



CRUNCHY

- Apples
- Frozen grapes
- Rice cakes
- Plain popcorn – use coconut or canola oil to pop kernels in a pot with a tight lid on the stove
- One or two hard pretzels – the large Bavarian variety
- Crunchy crudité's and dip (hummus, guacamole, vinaigrette, favorite dressing)
- Celery or carrots with peanut or almond butter (use non-hydrogenated peanut butter)
- Hummus with whole grain toast or rice crackers
- A handful of nuts



SWEET

- Wheatgrass shot
- Fresh, whole fruit
- Organic yogurt with fruit or granola
- Apples and peanut or almond butter
- Sprouted date bread with jam
- Frozen yogurt with no additives
- Dried fruit (avoid products with added sugar)
- Use leftover grains to make a sweet porridge – drizzle maple syrup, sprinkle cinnamon, add nut milk and bananas, heat with fruit juice, etc.
- Smoothies – mix whatever you have in the kitchen such as fresh or frozen fruit, ice, coconut water or nut milk, yogurt or avocado, kale or spinach, carob powder or raw cacao, nut butter, seeds, etc.
- Fruit “ice cream” – peel a banana, freeze, blend in a food processor with nuts, berries, or raisins (it can be put through the screen of a juicer for a creamier consistency)
- Freshly squeezed fruit juices – make your own and try different combos
- Sweet vegetables – yams, sweet potatoes, squashes (acorn, butternut, kabocha) – cut into chunks or fries, sprinkle with cinnamon and bake
- Dates stuffed with almond butter or other nut butter
- Organic dark chocolate chips or carob chips



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