

SNACK IDEAS

(1 CHO & 1 Protein)

- **¼ cup nuts with ¼ cup raisins or ½ cup fresh fruit**
- **4-6 Saltine Crackers with 1 Tablespoon of Peanut butter**
- **2/3 cup Dry whole grain cereal with ½ cup of skim milk**
- **½ sandwich (turkey, chicken, peanut butter, or tuna)**
- **4-6 whole grain/whole wheat crackers with low fat cheese (size of 3 dice) or 1 low fat string cheese stick ½ cup of low fat yogurt with 1-2 graham crackers squares**
- **½ cup low fat Cottage cheese with ½ cup fresh fruit**
- **Low fat Cheese sticks (2 small, each)**
- **Smuggies (frozen graham crackers with peanut butter/sugar free choc. pudding in the middle) (1 sandwich using small squares is one serving size)**
- **2 Tbsp. Pimento or low fat cream Cheese or 1 single slice of low fat cheese on a slice of whole grain bread**
- **4-6 crackers with low fat cottage cheese**
- **8 Old London Bagel Snacks with low fat cheese spread such as laughing cow**
- **Peanut butter on celery sticks and 1 c. skim milk**
- **Small apple, ½ banana, or small pear with 1 Tablespoon of peanut butter**
- **1 kind bar or lara bar or similar (15 grams of carbs)**
- **Nilla peanut butter ‘ice cream’ sandwich Vanilla Wafers fill with cool whip and peanut butter mixture and freeze. (servings size is 2 sandwiches)**
- **¼ cup hummus and 1 cup pea pods, peppers, celery, carrots, broccoli, cauliflower, cucumbers, or grape tomatoes**