



Healthy Snacks

Keep healthy snacks at home for your family. Snacking sometimes is seen as an unhealthy habit because people often think of a mound of chips, dips, cookies, and ice cream washed down with a large soda. However, snacking should be a healthy and enjoyable part of everyday. A healthy snack can be as simple as raw fruits or vegetables, low-fat dairy or nuts. Here are some tasty snacks you can add to your day!

Fresh Fruit

- Fresh fruit is a great snack because it can easily be brought with you in the morning when you leave for work. Good choices that transport well would be apples, bananas, and oranges.
- Don't be afraid to get creative as well. Try cutting up some of your favorite fruits and make fruit kabobs!

Raw Vegetables

- Raw vegetables are another great option. Celery and baby carrots are good on-the-run and go great with hummus. Another idea is making "Ants-on-a-log" with celery, peanut butter (or another type of nut butter) and raisins on top!
- A small salad tossed with your favorite low-fat dressing can be a very satisfying way to increase your vegetable intake.

Low-Fat Dairy

- A low-fat yogurt is a great way to get some calcium and protein while you snack. Freeze yogurt for a healthy twist. Check the sugar content on the nutrition facts label when you buy because some products contain a lot.
- Reduced-fat string cheese is a great grab-and-go item! It is super easy to pack with you, low in calories, and has the protein to help satisfy a food craving.

Nuts

- Nuts are a great source of healthy fats and a good source of protein. Choose nuts or trail mixes that are no salt added for the healthiest choice. A portion of nuts can help curb hunger. A serving of nuts is a small handful which will help with portion control. Some good examples of healthy nut options are almonds, walnuts, and cashews.



Recipe

Healthy Trail Mix

Serves 12

Ingredients:

- 2 cups low-sugar, whole-grain cereal
- 1 cup raisins or dried cranberries
- 1 cup nuts like walnuts or almonds
- 1 cup sunflower seeds or pumpkin seeds
- 1 cup chocolate chips

Directions:

1. Mix all ingredients in a large bowl.
2. Store in individual ½ cup serving sizes in re-sealable bags or one-serving size reusable containers.



Visit our blog: www.eatsmartmd.blogspot.com