

# SNACK IDEAS

Each of the snack ideas are a healthy combination of carbohydrate, protein and fat to help you curb your appetite and keep you feeling full to your next meal. While all of these snack ideas have less than 200 calories, if you're aiming for as few calories as possible, choose from the low-calorie category.

	 <p>SOMETHING <b>NOURISHING</b></p>	 <p>SOMETHING <b>SWEET</b></p>	 <p>SOMETHING <b>SAVORY</b></p>
	<p>Open face turkey sandwich Tuna salad stuffed in ½ small pita Small carton Greek Yogurt Cottage cheese stuffed into a ½ tomato</p>	<p>6 Chocolate kisses 2 Small cookies <i>(Nonni's Thin Addictives*)</i> Sugar-free pudding (½ cup) 1 Large kiwi</p>	<p>5-6 Whole Grain Crackers with 1 Tbsp nut butter 20 Pretzel thin sticks dipped in 1 Tbsp hummus 2 Cups popcorn, oil popped 10 Baked potato chips and 1 Tbsp guacamole</p>
 <p>SOMETHING <b>PORTABLE</b></p>	 <p>SOMETHING <b>HOT</b></p>	 <p>SOMETHING <b>COLD</b></p>	 <p>SOMETHING <b>LOW-CALORIE</b></p>
<p>2 Clementines and a small handful of almonds Fruit n Nut bar <i>(Kind*)</i> or Granola bar <i>(Kashi*)</i> Snack cheese stick plus small apple 100 Calorie snack packs Meal replacement shake <i>(SlimFast*)</i></p>	<p>Caffe Latte (12 oz) with low-fat milk Cup of soup Hot tea with toasted English muffin half Low-fat cheddar (1 oz) melted on 1 Slice whole grain bread topped with a tomato slice</p>	<p>1 Cup frozen blueberries or 15 frozen grapes Frozen yogurt bar <i>(Yasso*)</i> Iced tea and granola bites <i>(MadeGood Mini bites*)</i> Glass of cold milk (1 cup)</p>	<p>Sliced veggie spears Sugar-free popsicle A cup of grape tomatoes Sugar-free fruit gelatin 1 Rice cake</p>



**HELPFUL HINT:** Thirsty? Drink zero calorie beverages such as water (sparkling or still), coffee, tea or diet drinks.