

HEALTHY (and delicious!) SNACK SUGGESTIONS

- ✓ **Nuts** (1 serving = 1 oz = ¼ cup)
 - Almonds, walnuts, cashews, hazelnuts, brazil nuts, etc.
- ✓ **Seeds**
 - Sesame, flax, pumpkin, sunflower, hemp, etc.
- ✓ **Trail Mix**
 - Mix some of your favourite nuts and seeds with a small amount of dried fruit (cranberries, currants, raisins, apricots, etc.)
- ✓ **Yogurt**
 - Look for yogurt that is naturally sweetened (ie: with honey) or as an alternative, add fresh/frozen fruit to plain yogurt
 - Yogurt smoothies are great as a frosty treat (ie: yogurt, fruit, honey, ground flax, etc.)
- ✓ **Applesauce** (unsweetened)
 - Try adding a sprinkle of cinnamon to sweeten up the taste
- ✓ **Hummus**
 - This dip is delicious with pita bread, rice crackers or veggies sticks
- ✓ **Rice crackers and cakes**
 - Plain or with hummus, avocado or nut butter (unsweetened peanut butter, almond butter)
- ✓ **Baked tortilla chips and salsa or guacamole**
- ✓ **Fruits and Veggies**
 - Celery, carrot or pepper sticks (great with hummus or nut butter)
 - Apples and pears (yummy with nut butter)
 - Adding some protein (nuts, cottage cheese) to a fruit snack can help stabilize blood sugar levels
- ✓ **Popcorn**
 - Air-popped or stove-top are best
 - When making stove-top popcorn, use olive oil and then sprinkle on a variety of different herbs/spices to taste (rosemary, sage, thyme, pepper, etc.)
- ✓ **Cottage cheese**
 - Good source of protein and calcium
- ✓ **Bruschetta**
 - Great with toasted multigrain bread

