

A Month of Snack Ideas!

1
Mini-bagels whole wheat bagel with peanut butter & baby carrots,

2
Low-fat yogurt and small oatmeal cookie

3
Hummus with pita "chips" and 8oz low-fat milk

4
Grape and cheese cube skewers, flavored water

5
cherry tomatoes with dill dip, raisins, Silk Soymilk chocolate drink box

6
Cubed turkey whole-grain Kashi crackers, zucchini sticks with low-fat ranch dressing

7
Dried fruit and nuts, baby carrots

8
Fruit cup in packed in light syrup or "own juices", yogurt

9
String cheese, Jello cup, handful of dry, roasted peanuts

10
Avacado spread onto mini whole-wheat bagel

11
Triscuits with hummus; 6oz 100% fruit juice

12
Applesauce cup, string cheese rolled in a whole-grain tortilla

13
1 square dark chocolate, yogurt

14
Handful of animal crackers, red grapes

15
Peanut butter on apple slices, pretzels

16
3 gingersnap cookies with low-fat chocolate milk

17
Snap peas & ranch dip, 100% juice

18
Dry cereal mixed with dried fruit, Silk Soymilk vanilla drink box

19
2 graham cracker squares spread with low-fat cream cheese, flavored water

20
Baked chips, grape tomatoes with ranch dip

21
String cheese, V8 V-Fusion

22
Banana dipped in peanut butter, low-fat milk

23
Grapes, yogurt

24
Mini-muffin, fresh strawberries

25
Celery sticks with hummus, orange

26
Mandarin oranges, whole-grain crackers with Laughing Cow spreadable cheese wedge

27
Granola bar (3 grams of fat or less), yogurt,

28
Annie's Chocolate Graham Bunnies, blueberries

29
Low-fat pudding cup, animal crackers

30
Peanut butter toast, low-fat milk

31
Chocolate chip cookie, Silk Soymilk strawberry drink box



A healthy snack should be 100-200 calories and incorporate at least 2 food groups. For more ideas or to schedule a grocery store tour, contact your Hy-Vee dietitian.