Healthy, Simple Snack Ideas

Mix and match any food ideas below or create your own nutritious snack

- Any fruit (raw, sliced, diced, pureed, dried)
- Fruit cups (in 100% fruit juice), pouches or applesauce (choose no-sugar added products)
- Fruit leathers (many are like candy, look for “made from 100% real fruit” with no added sugar or artificial colors)
- Any vegetables (raw, diced, sliced, dried, in pouch) with dip (salsa, hummus, guacamole, bean or low-fat dressing)
- Yogurt or greek yogurt stick/pouch (brands that have <26 grams of sugar per serving e.g. Chobani)
- String cheese, cheese cubes or cottage cheese
- Whole grains: dry cereal and granola (check ingredient list for “whole grains” and low sugar <9 gram per serving)
- Whole grains: crackers, bread, mini pitas, tortillas, english muffins, mini bagels (check for “whole grains”)
- Rice cakes
- Popcorn (natural flavor)
- Mini muffins (brands that have <9 grams of sugar per serving)
- Trail mix (low-sugar/whole grain cereal, popcorn, dried fruit)
- Soy butter or sun butter, low-fat cream cheese
- Hard boiled eggs
- Deli meat (low sodium and low fat)