



30 SMART SNACKS FOR 30 DAYS*

1. Dried Fruit – sweet and full of fiber
2. Tomato or V-8 Juice – a great way to get your veggies
3. Jicama slices – crunchy and refreshing
4. Salsa with baked corn chips – good for you without the fat
5. Nuts of any kind – but just a few!
6. Sweet potato – microwave and enjoy
7. Caffecinno – whip coffee with skim milk, sugar and ice cubes
8. Rice cakes topped with fat free cheese and mustard
9. Grape tomatoes
10. Whole wheat crackers with mango chutney
11. Grapefruit or orange juice – fortified with calcium
12. Snack mix with pretzels, raisins, cereal, dried cranberries
13. Fruit smoothie made from yogurt, fruit and juice
14. Skim milk with 2 chocolate wafer cookies
15. Grape or a banana – frozen!
16. Pretzel sticks dipped in spicy mustard
17. Flour tortilla wrapped around roasted veggies
18. Popcorn sprinkled with spices
19. 6 vanilla wafers
20. Herb tea stirred with a cinnamon stick
21. Frozen fruit juice bar
22. Breadsticks – garlicky is best!
23. Dill pickle (watch this one if you need to limit sodium)
24. Fruit juice spritzer – juice and club soda
25. Hard-boiled egg
26. Raisin cinnamon swirl bread toasted and spread with jam
27. Homemade potato chips – slice thin, spray with cooking spray, bake 'til crisp
28. Carrot sticks with light ranch dressing
29. Low fat cheese – 1 oz. with whole grain crackers
30. Cup of vegetable soup

* *Note: This is a general list of healthy snacks and may not be appropriate for specialized diets such as diabetic, low-sodium or gluten-free.*