



Snacks to Keep You Going

- ☐ Whole grain (fiber-rich, trans-fat free) crackers, low-fat string cheese and apple slices
- ☐ Whole wheat pita bread (toasted) with hummus & sliced vegetables (cucumber, peppers)
- ☐ Whole grain bread/muffin toasted with all natural almond butter and sliced banana or peach
- ☐ Tortilla chips (baked or flaxseed added), salsa (tomato or mango-papaya) and low-fat bean dip
- ☐ Whole wheat tortilla with melted low fat cheese, roasted red bell peppers & black beans
- ☐ Whole wheat English muffin or bread with mashed avocado, sliced tomato and red onion
- ☐ Almond, cashew, or walnut butter with banana, apple, celery or whole grain crackers
- ☐ 1 oz nuts: almonds (~24), cashews (~14), walnuts (~14 halves), pistachios (~45)
- ☐ Cherry tomatoes, sliced carrots & other bright colored vegetables with tofu-herb spread
- ☐ Milk (1 cup: skim, 1%, or soy milk) with fruit-filled whole grain bar (fig, blueberry, strawberry)
- ☐ Nonfat yogurt (plain or light) topped with fresh fruit & high fiber, low-fat cereal or granola
- ☐ Cottage cheese (non-fat or low fat) topped with fruit, applesauce, tomatoes or salsa
- ☐ Pretzels (whole wheat preferable) with hummus and sliced jicama & red bell peppers
- ☐ Trail mix with nuts, seeds, dried fruit, dry cereal (fiber-rich) or popcorn (butter-free)
- ☐ Cereal (fiber-rich) with milk (soy or low fat or non fat cow's milk) topped with fruit & nuts
- ☐ Oatmeal mixed with ground flaxseed, milk, walnuts or sliced almonds, fruit, and cinnamon
- ☐ Ricotta cheese (non fat or part-skim) with fresh or frozen berries or figs + 1 tsp honey
- ☐ English muffin pizza (whole-wheat english muffin with fresh tomato or tomato sauce, sliced vegetables, pineapple and part-skim mozzarella)
- ☐ Applesauce with low fat yogurt (non-fat or low-fat – try Greek-style yogurt for a change)
- ☐ Marinated three-bean (garbanzo, kidney & green beans) salad w/roasted peppers & pine nuts
- ☐ Smoked salmon drizzled with lemon juice & pepper on whole grain crackers
- ☐ Hearty cup of vegetable soup – with beans, lentils or split peas

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