



## Healthy Snack List

### Quick and Easy

- Apple slices with peanut, almond, or sunflower seed butter
- Celery sticks or baby carrots with hummus or guacamole
- Cucumber slices with chili, lime, and cotija cheese
- Strawberries or blueberries alone or with a sprinkle of nuts, seeds, or feta cheese
- Unsweetened whole-grain cereal like Oat Os
- Sugar snap peas or green beans with cottage cheese
- [Whole-grain pita chips](#) with salsa

### Simple Protein

- Hard-boiled egg
- Plain nonfat yogurt or Greek yogurt
- Low-fat string cheese stick
- Cooked skinless chicken
- Canned fat-free refried beans
- Canned drained garbanzo, black, or pinto beans

### Prepared Salad

- Hard-boiled egg or egg whites mixed with Greek yogurt and chopped vegetables
- Whole-grain pasta, quinoa, or brown rice with chopped vegetables, olive oil, vinegar, lemon juice, and parsley, mint, or cilantro
- [Creamy tuna salad](#)

### Healthy Grains

- Frozen whole-grain waffle with berries or cottage cheese
- Whole-grain toast with avocado or peanut butter
- Brown rice cakes with low-fat cheese
- Plain oatmeal made with milk or almond milk
- Roasted bell peppers stuffed with quinoa and chopped vegetables
- Air-popped popcorn

### Cooked Vegetables

- Sweet potato sticks tossed with olive oil
- Baked carrot sticks with olive oil and parmesan cheese
- Kale chips baked with olive oil and sea salt
- Grilled or steamed or roasted corn on the cob