

Healthy Snacks

Snacking can be part of a healthy lifestyle!

Healthy snacking is a habit that can:

- Fill a food “gap” to help prevent over-eating at the next meal.
- Keep your body’s engine, or metabolism, running smoothly.
- Balance your blood sugar.
- Provide extra chances for more fruit and vegetables.
- Help those who need to eat more meet their energy needs.

When hunger strikes, be ready with tasty, balanced snacks. Healthy snacks combine one serving of carbohydrate (C) with one serving of lean protein (P) or healthy fat (F) to balance blood sugar and satisfy hunger.

Good sources of carbohydrates are whole grains, fruits, and vegetables. Quick sources of lean protein are low-fat yogurt and cheese, eggs, and soy products. Healthy fats to have on hand are hummus, avocado/guacamole, nuts and seeds, and nut/seed butters.

Healthy Snack Ideas

- ½ cup high fiber cereal (C)
- 1 slice 100% whole wheat bread (C)
- 3 cups light popcorn (C)
- ¼ cup dried fruit (C)
- 1 cup raw veggies (C)
- 5 high fiber crackers (C)
- 1/2 canned fruit, in water (C)
- 1 apple or small banana (C)
- 1 cup raw veggies (C)
- 1/2 cup fresh or frozen fruit (C)
- 1/2 whole wheat pita (C)
- 1 high fiber tortilla (C)
- 1/2 cup pretzels (C)
- Celery sticks at 2 T raisins (C)

- 1 cup Greek low fat yogurt (P)
- 1 T nut or seed butter (F)
- 1 low fat string cheese
- 2 T parmesan cheese (P)
- 2 T unsalted nuts (F)
- 1/4 cup hummus or guacamole (F)
- 1 hardboiled egg (p)
- 1/2 cup low fat cottage cheese (P)
- 1 cup edamame pods
- 1 slice low fat cheese, melted (P)

Create Your Own Snack

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Healthy Snack Recipes

Spinach Dip

- 1 ten ounce package frozen chopped spinach, thawed and drained
- 1/3 cup finely chopped onion
- ½ cup plain Greek yogurt
- ½ teaspoon dill weed

Mix all items together. Chill at least 1 hour. Serve with raw vegetables or whole grain crackers.

Trail Mix

- ½ cup nuts (almonds, walnuts, peanuts)
- ¼ cup seeds (sunflower, pumpkin)
- ¼ cup dried fruit

Mix all items together in a container and enjoy. **Avoid giving young children (under 4 years) nuts and dried fruit as it may cause choking.**

Hummus

- 14 oz can chickpeas, drained
- 1 Tablespoon olive oil
- 2 Tablespoon tahini or sesame seed paste
- 1 large clove garlic, minced
- 2 Tablespoons lemon juice
- Black pepper or cumin, to taste

Drain chickpeas. Pour chickpeas in a food processor with other items and process until smooth. Top with ground black pepper or cumin, if you would like. Serve chilled with vegetables or whole grain crackers, or on a sandwich with tomato, red onion, and cucumber.

Fruit Smoothie

- 1 cup low-fat milk or plain yogurt
- ½ cup fresh or frozen fruit (bananas, strawberries, peaches, etc)
- 3-4 ice cubes

Blend and enjoy.

Yogurt Popsicles

- 8 ounces plain yogurt
- 6 ounces frozen fruit
- Dash of vanilla or honey if desired

Mix well. Freeze in molds or paper cups. Insert wooden sticks or spoons when mixture is almost frozen. Keep in freezer.

Who to Call

If you are a UW Health patient and have more questions please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition.

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 5/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#171.