

## Grab and Go Snacks

A healthy snack does not have to be boring or take a lot of time to make. Here are some ideas.

### Most days choose from...

- Fresh fruit and vegetables. There are many to choose from....kiwi, banana, orange, apple, pear, peach, berries, melons, nectarine, pineapple, radish, pepper, zucchini, tomato, carrot, cauliflower, broccoli.
- Canned fruit (choose ones without added sugar)
- 100% fruit juice (with no added sugar)
- Bread sticks
- Bread, roll or bun (choose whole grain often)
- English muffins, tortilla, pita
- Cereals low in sugar such as Grape Nuts™, Life™, Mini Wheats™, Cheerios™, Shreddies™, Raisin Bran™
- Milk
- Yogurt
- Cheese
- Nuts
- Crackers such as saltines, melba toast, Stoned Wheat Thins™
- Vegetable juice
- Rice cakes
- Hard boiled egg

### Some days choose from...

- Cereal bars
- Cookies made with oatmeal, peanut butter or dried fruit
- Pretzels
- Yogurt drinks
- Muffins or loaf slices
- Granola bars – choose ones with wholesome ingredients like nuts, oatmeal and dried fruit rather than ones coated in chocolate or containing candy
- Milk puddings
- Slice of cold leftover pizza
- Sesame bars
- Flavoured milk (like chocolate milk)
- Custard
- Pepperoni sticks

*Keeping plastic forks, spoons, baggies and containers  
in a handy spot will make preparing snacks easier.*



## Putting it together creatively

Some of these are quick and some take more time to prepare.

- English muffin, roll or bagel with slices of cheese
- Home-made trail mix – cereal, nuts and dried fruit mixed together
- Whole grain flat bread and a slice of Swiss cheese
- Slice strawberries or other fruit with plain yogurt
- ½ egg salad sandwich
- Celery sticks filled with cheese spread
- Whole grain cereal mixed into yogurt
- Crackers and cheese
- Home made muffin\* and cheese
- Home made fruit bread\* and a banana
- Cut up vegetables with dip\* or salad dressing
- Hard boiled egg and melba toast
- Peanut butter spread on tortilla with a banana rolled inside
- Fruit Shake\*
- Pita pocket stuffed with hummus\*

### ***\*Home-made baking***

To make recipes more nutritious:

- substitute 1/3 to ½ of the white flour with whole wheat flour
- reduce the amount of sugar by ½ to 1/3
- add ingredients like skim milk powder, wheat germ, dried fruit, grated vegetables, molasses, oatmeal and finely chopped nuts and seeds

### ***\*Yogurt Dip***

In a blender, combine 1 cup (250 mL) creamed cottage cheese with ½ cup (125 mL) plain yogurt. Transfer to a bowl and add 2 tsp (10 mL) dried dill weed or 2 tbsp. (25 mL) fresh dill, 1 tsp (5 mL) of lemon juice and salt and pepper to taste. Cover and refrigerate for 2 hours or until chilled.

***\*Fruit Shake*** – In a blender combine, ¼ cup (50 mL) orange juice concentrate, 1 cup (250 mL) milk, 2 tsp (10 mL) sugar and 1 ripe banana. Blend until smooth.

***\*Hummus*** – In a food processor or blender, puree 1 can (19 oz/540 mL) chick-peas, 3 tbsp (50 mL) each of fresh lemon juice and water, 1 clove of garlic, 1 tbsp (15 mL) sesame oil, 1½ tsp ground cumin and ¼ tsp (2mL) cayenne pepper. Puree until soft and spreadable. Add 1 tbsp (15 mL) of water if too thick.

*For more information contact a Public Health Nutritionist at 766-7777.*

