

Healthy Snack Ideas

Snacking is not bad, and hunger is not the enemy. The key is to make your snacks count by eating healthy foods, not junk!



A Guide to Healthy Snacking

Having a snacking plan in place is critical if you are to go from breakfast to lunch to dinner without binge eating on junk food. Developing a regular snack schedule between meals keeps your blood sugar levels even and prevents intense hunger cravings and poor eating decisions.

A good snack will include a complex carbohydrate and a source of protein to keep you feeling sustained throughout the day.

Try to include more “real” foods in your snacks than “dead” foods. Real foods include fruits and vegetables and other things you find in nature. Dead foods are man made, processed foods that come in a package.

Healthy Snack Ideas

10 Healthy Snack Ideas

Here are ten healthy snack ideas brought to you by Registered Dietician, Melanie Thomassion.

1. 2 rice cakes spread with hummus, and topped with cherry tomatoes.
2. 1 small apple sliced, almond butter thinly spread on each slice, raisins sprinkled on top.
3. 2 multi grain crackers topped with a small serve of cheddar cheese and sliced green grapes.
4. 8 cashew nuts, 3 carrot sticks, and 2 thick slices of cucumber.
5. A small bowl of frozen berries and natural yoghurt, topped with linseeds.
6. 2 multi grain crackers topped with grated cucumber, natural yoghurt, and a sprig of mint.
7. 4 carrot sticks, 2 cherry tomatoes, and 4 green beans served with guacamole dip.
8. A small cup of homemade vegetable soup.
9. 1 rice cake spread with pesto, topped with a small amount of mackerel, and diced tomatoes.
10. 2 small kiwis sliced, and 6 almonds.

THINK PREVENTION!



**Prevention is always better than treatment!
Healthy snacking is a proactive strategy to
live longer and stay well.**