

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



Healthy and Tasty Snack Ideas

How to Practice Healthy Snacking...

- ✓ Plan and prepare your snacks ahead of time
- ✓ Eat your snacks mindfully... without distractions and in the right portions



- Fresh or frozen berries with cottage cheese
- Banana slices with peanut butter
- Fresh fruit skewers with Greek yogurt
- Canned fruit such as peaches or pears with yogurt
- Apple slices topped with almond butter or cheese
- Peaches with soft tofu
- Unsweetened applesauce sprinkled with cinnamon and toasted nuts or seeds
- Yogurt and chopped fresh fruit sprinkled with nuts or granola
- Homemade wholegrain blueberry muffin
- Apple berry crisp with a dollop of Greek yogurt
- Whole grain English muffin with almond butter and fruit slices
- Homemade smoothie or lassi
 - Blend together fruit and/or vegetables with yogurt, milk or unsweetened fortified soy beverage
- Homemade trail mix
 - Mix together dried whole grain cereal, unsweetened dried fruit, nuts or seeds
- Chia pudding with unsweetened shredded coconut and pineapple

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- Frozen yogurt popsicle
 - Blend together fruit and yogurt, then pour into popsicle mold tray and freeze
- Energy bites made with dates and nuts
- High fibre cereal topped with chopped fruit and milk or fortified soy beverage
- Cut up vegetables with hummus or a yogurt-based dip such as tzatziki
- Green leafy salad with sliced strawberries and toasted almonds
- Celery sticks or cucumber rounds topped with tuna salad
- Veggie sticks with cashew dip



- Bean and corn dip with pita chips
- Carrot sticks, whole grain crackers and cheese
- Cherry or sliced tomatoes and a hardboiled egg
- Edamame and cucumber chunks with a splash of olive oil and vinegar, topped with sesame seeds
- Salsa or guacamole with homemade chips from whole grain pita or tortilla
- Whole grain pita with baked falafel and red pepper strips
- Whole grain toast topped with apple slices and melted cheese
- Mini baked spinach and egg frittata