

Snack Ideas



Snacks can be good for you! They can boost your energy between meals, keep your blood glucose (sugar) stable, and supply nutrients that your body needs. Eat one to three snacks each day, and remember to snack only when you are hungry.

Each snack should have between 100 to 300 calories.

Watch the portion sizes to stay on track with your budget and your weight. If you are looking for snack ideas, keep reading!

Frozen Bananas (100 calories, 36 cents each)

Peel bananas and store in the freezer in a resealable container or bag. You can also dip bananas in yogurt, roll them in crushed cereal or nuts, and then freeze. This snack provides vitamin B-6, potassium, vitamin C, and fiber.

Almonds (167 calories, 55 cents per 1-ounce serving)

Buy raw or dry-roasted, unsalted almonds in bulk. Stick to 1-ounce portions (22 almonds) to get your money's worth. This snack provides vitamin E, niacin, iron, fiber, and heart-healthy unsaturated fat.

Peanut Butter and Apple (189 calories, 85 cents per serving)

Top one sliced apple with 1 tablespoon peanut butter. If possible, buy natural peanut butter because it is usually lowest in sugar. This snack provides heart-healthy unsaturated fat, vitamin E, and vitamin C.

Yogurt and Fruit (154 calories, \$1.46 per serving)

Top 6 ounces of fat-free, plain yogurt with $\frac{1}{4}$ cup fresh or canned fruit. Buy fruit canned in water or natural juices. Save money by buying a large tub of yogurt instead of single-serving containers. This snack provides calcium, protein, and vitamin C.

Baked Potato and Salsa (178 calories, 67 cents per serving)

Top a medium-size baked potato with $\frac{1}{4}$ cup salsa. Buy a large bag of potatoes to save money. Store-brand salsas tend to be cheaper than and just as tasty as name brands. This snack provides vitamin C, potassium, fiber, and lycopene.



Trail Mix

(206 calories, 49 cents per serving)

For one portion of homemade trail mix, combine 2 tablespoons raisins; $\frac{1}{4}$ cup whole grain cereal; and 2 tablespoons of peanuts, almonds, or other nuts. To save money, buy each ingredient in bulk. This snack provides vitamin E, fiber, heart-healthy unsaturated fat, and iron.

Cereal and Milk

(200 calories, 59 cents per serving)

Mix $\frac{3}{4}$ to 1 cup of whole grain cereal with $\frac{3}{4}$ cup of fat-free or low-fat milk. Buy milk by the gallon to save money. This snack provides calcium, vitamin E, potassium, and protein.

Veggies and Dip

(120 calories, 42 cents per serving)

Slice and dip raw vegetables in 2 tablespoons of your favorite dressing, such as ranch or French. To save money, choose in-season vegetables. This snack provides fiber, potassium, vitamin C, and beta-carotene.

Turkey Roll Ups (179 calories, 66 cents per serving)

Spread 1 teaspoon mustard on two slices of deli turkey. Add lettuce and sliced cucumber to each turkey slice. Roll up and enjoy! Check at the grocery deli to see which brands of turkey are on sale. This snack provides protein, niacin, and selenium.

Bean Soup (150 calories, 23 cents per serving)

Beans are affordable, easy to use, and last for up to 1 year in the pantry. For a tasty snack, try the Simple Bean Soup recipe. It provides calcium, zinc, iron, and fiber.

Simple Bean Soup Recipe

Makes 4 servings.

Ingredients:

15-ounce can of pinto, navy, or black beans
4 cups low-sodium vegetable broth
1 cup small-shaped pasta
1 cup frozen green peas
2 medium carrots, chopped
Salt and pepper to taste

Directions:

Drain and rinse beans (this reduces salt). In a medium saucepan, bring broth to a boil. Add pasta and cook for 5 to 7 minutes, stirring occasionally. Add peas, beans, carrots, salt, and pepper, and cook for 3 to 4 minutes more. Top soup with 2 tablespoons shredded cheese per serving, if desired.

