



Pick the Perfect Snack

To maintain high energy, pick snacks with staying power. Foods that contain both protein and complex carbohydrates are good choices. Here are some examples for healthy snacking:

- Fresh fruit slices with low-fat plain yogurt
- Apple slices with peanut butter
- Whole-wheat crackers with string cheese
- Mini whole-wheat bagels with low-fat cream cheese and skim milk
- Low-fat cottage cheese with pineapple
- Half a turkey or chicken (white meat) sandwich on whole-wheat bread
- Tuna salad made with low-fat or fat-free mayonnaise or dressing on melba toast
- Fresh-cut vegetables with low-fat salad dressing or hummus
- Fruit smoothie made with low-fat yogurt and fresh fruit
- Celery stuffed with peanut butter
- Homemade trail mix of raisins, cranberries and a variety of nuts
- Low-fat granola bar
- Energy bar containing less than 200 calories, 3 grams fat and 5-7 grams protein
- Fiber cereal with low-fat or skim milk and a banana
- Warm oatmeal mixed with raisins and walnuts



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