Healthy Snacks 

Eating snacks during the day is a great way to assure we eat adequate calories and protein. For those that have diabetes these snacks can better control blood sugars. Choosing snacks can be very indivdual based on your likes and dislikes. It is convinent to use prepackaged snacks but many are very high in sodium and sugar. The following are great ideas for snacks which are less processed.

* **Fresh fruits- grapes, cut up apples, oranges, berries a delicious sweet treat full of vitamins, minerals and fiber.**
* **Precut vegetable –carrots, peppers, califlower, broccoli and add a little low fat dip using plain yogurt for added taste**
* **Hard boiled eggs – great source of protein**
* **Nuts – healthy fats and a great alternative to chips**
* **Cheese – great source of protein and calcium**
* **Mini sandwiches – use chicken, tuna, cheese, eggs but try to limit lunch meat which is higher in sodium.**
* **Rice Cakes – a great grab and go low fat and low sodium treat**
* **Popcorn – Air pop, limit butter limit salt try adding cinnamon or chili powder for a unique added flavor.**
* **Granola – high fiber and great grab and go**
* **Dried Fruit – tasty sweet treat with lots of vitamins, minerals and fiber**
* **Crackers - use higher fiber reduced sodium**
* **Yogurt – great source of protein, calcium and probiotics to keep us healthy and regular. Add fresh fruit for added fiber and sweetness.**
* **Avocado- Guacamole – add to tortilla chips or sandwich spread. Great source of healthy fats**
* **Peanut butter- It is a healthy fat and good source of protein, it is especially yummy on apples**

Eating a variety of foods daily is important. Choosing nutrious snacks is a great way to keep you healthy and add the variety you need daily in your diet. Have fun trying new snacks.

