* 1 ounce part-skim or reduced-fat cheese and a serving of whole grain crackers (such as Triscuits, Ak Mak Stone Ground Sesame, or Organic Mary’s Gone Crackers)
* ½ cup of a high fiber or whole grain cereal like Kashi Go Lean, Wheat Chex, Cheerios, Barbara’s Multigrain Puffins or Shredded Mini Wheats with 1- 2 tablespoon nuts or seeds
* 6 ounce nonfat plain Greek Yogurt with 2 to 4 tablespoons of a whole grain cereal, 1 to 2 tablespoons nuts or fruit (add 1 teaspoon honey or sweetener, if desired)
* 1/2 cup low or nonfat cottage cheese with 1/2 cup berries or fruit in its own juice
* 1 hard boiled egg or tuna pouch (2.5 ounce) with a serving of whole-grain crackers
* 1/4 cup hummus or guacamole with carrot or celery sticks or pepper slices
* 3-6 cups air-popped popcorn or a single serving of reduced fat popcorn such as Boomchickapop, Skinny Pop or 94% fat free or light microwave popcorn
* ½ cup natural or unsweetened applesauce with 1 to 2 tablespoons chopped nuts
* ¼ cup nuts or seeds (any kind, as long as you can control the portion size!)
* 1 serving whole grain tortilla chips with salsa (try Trader Joe’s No Added Salt Fire Roasted Salsa)
* 1 slice toasted whole wheat bread or ½ whole grain English muffin with 1 tablespoon peanut butter, sunflower or almond butter or 1 ounce of reduced-fat cheese
* 1 snack bar such as a Kashi Go Lean, Kashi TLC, Odwalla, Kind, or Nature Valley Crunchy Granola Bar: (preferably, one with less than 200 calories, at least 3 grams of fiber, 5 grams of protein, less than 3 grams of saturated fat and up to 12 grams sugar)
* 1 serving of a reduced sodium soup such as Trader Joe’s, Healthy Choice, Campbell’s Healthy Request, Progresso Heart Healthy or Safeway’s Eating Right Split Pea or Black Bean Soup
* 1 tablespoon peanut or nut butter with a small apple or celery sticks

* 1/2 to 1 cup carrots, cherry tomatoes, cucumbers and/or sugar snap peas with 1 to 2 tablespoons reduced-fat ranch dressing or tzatziki sauce
* 1/3 cup dry roasted edamame, or 1/4 cup dried soy nuts or 1 cup edamame in the pods
* 1 serving (28 grams) roasted broad beans or fava bean crisps such as Enlightened, or baked green peas, such as Trader Joe’s Contemplates Inner Peas

*Mary Hunt MS, RDN*

Registered Dietitian Nutritionist 2018