

# SNACK IDEAS

For a great snack, combine a carbohydrate source (whole grain, fruit, or yogurt) with a healthy protein or fat.

## Some Tasty Ideas

- Whole grain crackers (Brands: Wasa, Ak-Mak, Kashi, or Rye Crisp) with light string cheese or individual-sized cottage cheese (about ½ cup)
- Fruit (any kind) with 1 ounce of nuts (almonds, cashews, hazelnuts, pecans, etc.)

For some great combination treats, try:

- Apple and walnuts
  - Orange and pistachios
  - Grapes or berries and almonds
  - Banana and pecans
  - Pears or pineapple and hazelnuts
- 1 ounce of dried fruit with 1 ounce of nuts
  - 1 cup of Greek-style yogurt (Brands – Fage or Oikos) with cut-up veggies or fruit
  - 2 tbsp. hummus with 1 cup of cut-up veggies
  - 1 apple or banana with 2 tbsp. natural peanut butter
  - ½ turkey sandwich on whole grain bread with 1 ounce turkey and 2 tbsp. avocado – add veggies to this!
  - 1 cup leftover roasted vegetables with individual cottage cheese (about ½ cup)
  - Whole grain crackers with 1 tbsp. natural peanut butter
  - ½ ounce tuna on whole grain crackers or 1 slice of whole grain bread with veggies
  - Hard-boiled egg with 1 cup cut-up veggies and whole grain crackers



# Tips for Adding More Veggies to Your Meals!

- **Precut and portion out.** Cut veggies into serving-size portions and place in the refrigerator for easy access. Make your vegetables as convenient to eat as any other snack food, and you will eat more of them.
- **Presentation.**
  - Serve your vegetables on a beautiful plate or bowl. Making your vegetables appear more appealing will help you to want to eat them more often.
  - Serve vegetables in fancy shapes. Use cookie cutters or learn how to make roses, palm trees, birds, and other creations with vegetables. You have fun decorating cakes and cookies, why not vegetables?
  - Create a salad bar with healthy dips and those vegetable decorations you learned to make. Dips include low-fat salad dressing, peanut butter, cottage cheese, and salsa.
- **Add to other foods.** Slice vegetables thin and layer them in sandwiches.
- **Have a shredder?** Choose a variety of vegetables you don't normally eat: asparagus, parsnips, beets, etc.
  - Shred them together and top with your favorite dressing.
  - Package them in zip-lock bags or air-tight containers for a future meal.
- **Half the Meat and Double the Veggies.** When making stew, try adding another vegetable along with the traditional carrots and potatoes in place of half the meat. You'll still have the meaty taste but with lower fat and calorie content.
- **Hide Them.**
  - Chocolate cake. Add tomato juice, pureed beans/beans/spinach, etc. to the batter. You won't be able to taste the veggies after the cake is baked!
  - When serving hamburgers, sloppy joes, pizza, or any other kid-pleasing fare, toss in some shredded carrots, broccoli, zucchini, tomatoes, garlic, etc. Just a small amount will blend right into a red sauce and boost the nutritional value of any dish.
- **Learn to cook spaghetti squash.** A 4-oz serving has less than 40 calories! Spaghetti squash can be boiled, baked, slow cooked, or microwave. Once tender, pull a fork through squash to tear out spaghetti-like shreds. Ladle on tomato sauce perked up with shredded carrots, mushrooms, and sliced broccoli. Nutritious and delicious!
- **Try grilled kabobs.** Cut bite-size pieces of vegetables and grill them on skewers or alternate with chunks of meat. Add a tasty marinade.

